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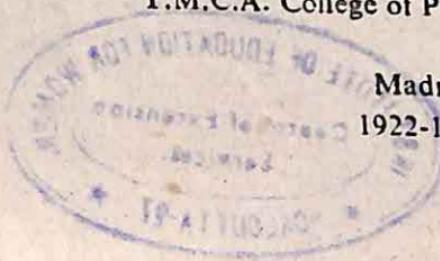
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To
the memory of
HARRY CROWE BUCK

Founder-Principal
Y.M.C.A. College of Physical Education

Madras

1922-1943



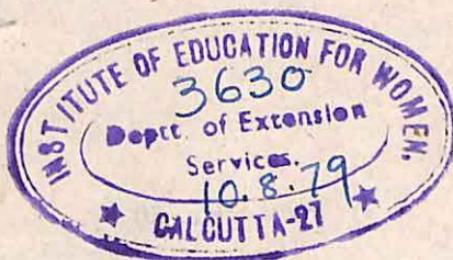
To his initiative is due the spread of scientific physical education in India, Pakistan, Burma and Ceylon.

RULES OF GAMES AND SPORTS

Revised and brought up-to-date
1978

TWENTIETH EDITION

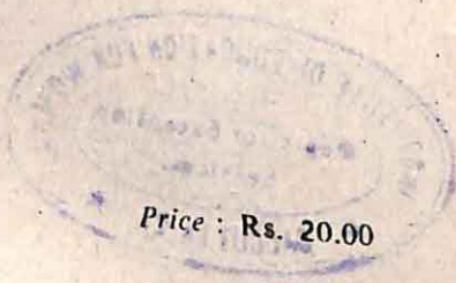
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P R E F A C E

This is the Twentieth edition of the *Book of Rules of Games and Sports*. The book has been accepted as the most comprehensive publication of its kind, containing as it does the complete rules of all the major games and sports. There has been a steady demand for the book ever since it was first published, and we have tried to keep its price as low as possible.

The present edition has been completely revised and made up-to-date. The latest amendments and other technical details adopted by the International Sports Federations have been incorporated in the book.

We have received valuable assistance from many people in the revision and publication of the book. We wish to acknowledge our indebtedness to the International Federations of various games and sports who have given us permission to reproduce their rules.

We also wish to thank the Graphic Aids, New Delhi who so kindly undertook the printing of the book.

It is hoped that this book will continue to serve all those who are engaged in the promotion of games and sports in India.

MASSEY HALL
JAI SINGH ROAD
NEW DELHI-1

P. S. CHAKRAVARTI
Secretary
Y.M.C.A. Publishing House

ATYA PATYA

DARIA BANDHA OR THE GAME OF FEINTS

*Rules as Adopted by the Akhil Maharashtra
Shareerika Shikshana Mandal*

THE PLAY FIELD

Dimensions in the following Diagrams

1. Each of the nine breadthwise strips known as Trenches (*Patis*) are 23 feet 1 inch long and 13 inches wide (e.g. AB, CD, etc.).
2. The central lengthwise strip known as the Central Trench (*Sur-Pati*) is 89 feet 1 inch long and 13 inches wide (EF).
3. The Central Trench (*Sur-Pati*) divides each of the nine trenches into equal halves.
4. (a) The distance between the front lines of two adjacent trenches is 11 feet (BD).
 - (b) Each of the squares of intersection has each side of 13 inches (small squares formed by the intersection of the central trench and the other trenches K, L, etc.).
5. (a) There are in all nine trenches.
 - (b) Two lines are drawn, each parallel to and at a distance of 11 feet one in front of the Front trench and other behind the Back trench. These are the end lines (GH & IJ). The side lines are produced to meet these end lines. The two lines which mark each trench shall be extended to a distance of three feet outside the side lines.
 - (c) There should be a clear space of about 10 feet all round the play field.
6. Those who have not completed their fifteenth year of age and are not more than 5 feet in height shall be called 'Junior players'.
7. For Junior players the size of the play field shall be as follows :—
 - (a) Each trench shall be 12 inches × 21 feet.

RULES OF GAMES AND SPORTS

PLAY FIELD
ATYA PATYA

E F 89 ft. 1 in.

A M " "

B N "

A B 23 ft. 1 in.

C D " "

The figures by the side of the trenches do not indicate their order. They are put in to facilitate accounting at the end of an innings.

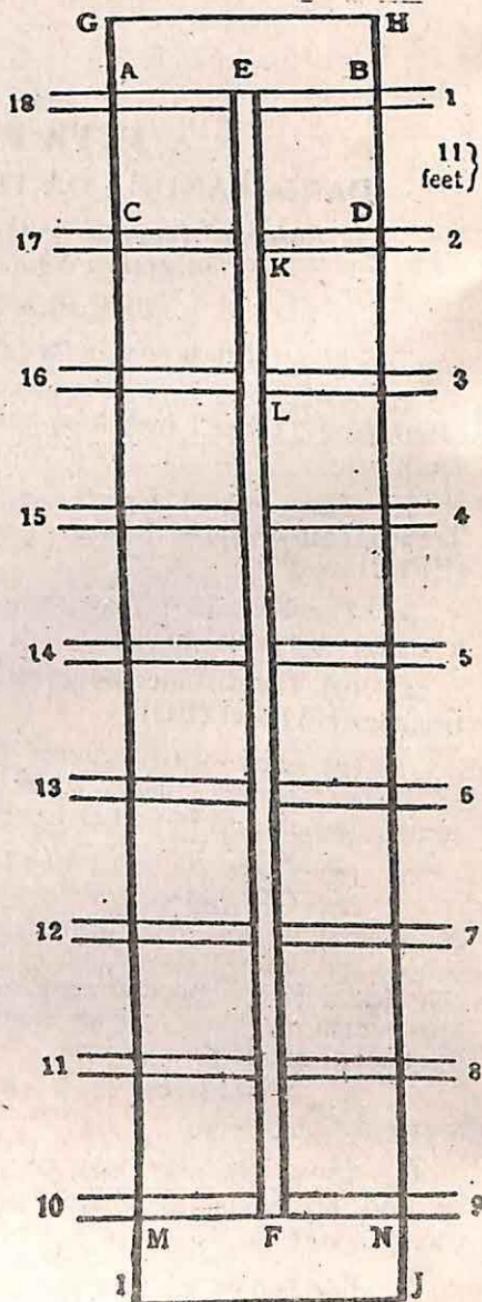
FOR JUNIORS

$$EF = 81' \times 1'$$

$$AB = 21' \times 1'$$

$$K = 1' \times 1'$$

$$BD = 10'$$



Note:—The lines in the diagram are cut for printing only. The lines on the field should be continuous.

(b) The distance between the front lines of adjacent trenches shall be 10 feet.

(c) Central trench shall be 12 inches \times 81 feet.

DEFINITIONS

1. **Side-lines, End-lines and Boundary.** The long lines on the two sides of the play field are known as the side-lines (AM & BN). And the two lines, one in the front of the front trench and the other behind the back trench, are known as the end lines (GH & IJ). These four lines form the boundary of the play field.

2. **Trench [Pati].** (a) Each of the breadthwise strips (rectangles) measuring 23 feet 1 inch in length and 13 inches in width is known as a 'Trench' (*Pati*).

(b) The two lines of each trench, which mark the trench and which cut the side-lines and the two lines of the central trench which cut each of the trenches are known as 'The lines of the trench'.

Front Trench [Chambhar Pati or Kapal Pati]. The foremost trench is known as the 'Front Trench'.

4. **Back Trench [Lona Pati].** The last trench is known as the 'Back Trench'.

5. **Central Trench [Sur-Pati].** The lengthwise rectangular strip which intersects the breadthwise strips—trenches—is known as the 'Central Trench'.

6. **'Going down', 'Going up'.** Playing to cross the trenches from the 'Front trench' to the 'Back trench' is known as 'Going down'. Playing to recross the trenches from the 'Back trench' to the 'Front trench' is known as 'Going up'.

7. **Squares of Intersection.** Each of the small squares formed by the intersection of the central trench and the other trenches is known as the 'Square of Intersection'.

8. **Court of a Trench.** The field between two adjacent trenches is known as the 'Court' of a trench. The court in front of the defender who holds (defends) the trench is known as the 'Court' of that trench.

9. **Square.** Each part of the court of a trench divided by the central trench is known as a 'Square'.

10. **Defenders** [*Patiwale*]. Those who stand on the trenches and hold them by moving along the trenches trying to prevent the players of the other side from crossing the trenches by touching them and thus putting them out are known as 'Defenders'.

11. **Grenadier** [*Sur*]. The defender who holds (defends) the front and the central trench is known as the 'Grenadier' (*Sur*).

12. **Assailants**. Those who try to cross the trenches are known as 'Assailants'.

13. **Foot-fault**. If any part of the body of a defender and a grenadier touches any part of the ground outside the lines of his trench either in front of him or behind him, he is said to have committed a 'Foot-fault'.

14. **Hand-fault**. If any part of the body except the feet of a defender and a grenadier touch any part of the ground he is said to have committed a 'Hand-fault'.

15. **Cutting the Squares**. (a) A grenadier must at the beginning of an innings keep his foot or a part of the foot in the square of intersection of the front trench; he must then on the start of the play touch the square of intersection of the first trench with the same foot or its part; and again touch the square of intersection of the front trench with the same foot or its part. The whole of this action is known as 'Cutting the Squares'.

(b) While thus cutting the squares, a grenadier may commit a foot-fault and or a hand-fault.

16. **Raised a Foot**. If a defender lifts his foot above the ground and stands on the other foot, he is said to have 'Raised a foot'.

Note 1 : As long as any part of a foot is touching the ground, a foot is not raised.

Note 2 : If the defender is walking or running along a trench, a foot is not raised.

17. **Turning the Face**. A defender is called to turn the shoulder line (the imaginary line supposed to be drawn to join the shoulders) up to a right angle to the lines of a trench. If he turns the shoulder line beyond it, he is said to have 'Turned the Face'.

18. **Foot Out**. If the whole foot of an assailant touches

the ground outside the boundary of the field he is said to have placed his 'Foot out'.

Note 1 : Even if a point of the great toe is touching the ground inside the boundary, the foot is not out.

Note 2 : Even if the whole body is in the air, not touching the ground outside the boundary, the foot is not out.

19. **Putting Out.** If a defender or a grenadier touches an assailant by hand without committing the breach of any rules, the assailant is said to be 'Put out'.

20. **'To Call for' and 'Give Tond'.** While going up to recross the trenches, when an assailant, standing behind a defender utters loudly and clearly, addressing the defender the word 'Tond', he is said to have 'Called for Tond'. Immediately on hearing the call, the defender must turn about and face the back trench. This action is known as 'Giving the Tond'.

21. **Obtaining, Taking and Bringing 'Tond'.** When an assailant who is going up—up player—and an assailant who is going down—down player—meet in one square, it is said that 'Tond' is 'obtained'. The up player is said to have taken it to the down player. The up player is said to have brought 'Tond'.

Note : An Assailant who has obtained 'Tond' is known as an 'up player' and an assailant who has not obtained it is known as a 'down player'.

22. **Lona [Game].** When the foremost up player from amongst the assailant while recrossing the trenches crosses the front trench, it is said that 'Lona' (Game) is scored against the defendants.

23. **Fouling (a)** If an up player crosses a trench in going up, without a down player obtaining Tond, the down player has fouled.

(b) If a down player, while going down, crosses a trench which has already been recrossed by an up player or if he goes up and crosses a trench without obtaining Tond he has fouled.

24. **Ring.** When a defender and a grenadier enclose two or more assailant in a square it is taken as a 'Ring'.

Note : If either the grenadier or defender stands with one foot on one side and the other foot on the other side of a square of intersection, a ring is not formed.

25. Previous Trench, Remnant, and Half. (a) The trench in front of the defender of a Ring is known as the 'Previous Trench'.

(b) That part of the previous trench which is on the side of the Ring is known as the 'Remnant' and the other part as the 'Half'.

RULES OF THE PLAY

1. The play field shall be marked as shown in diagram on page 2.

2. At the commencement of the play, the assailants shall stand in the area between the front trench and the end line in front of it. The defendants shall stand on the trenches—one on each trench—facing the front trench. The grenadier shall stand on the central trench ready to cut the squares. The defenders cannot change their trenches during an innings. (Each of the trenches excluding the front trench is consecutively termed as the 1st trench, 2nd trench, 3rd trench etc. and one defender stands on each.)

3. After the signal for commencement of the innings is given, the grenadier shall cut the squares. He cannot put any assailant out unless he has cut the squares.

4. (a) While cutting the squares, a grenadier must be on his central trench, but he may commit hand-faults and/or foot-faults.

(b) If a grenadier does not cut the squares correctly, the umpire shall call him to cut the squares again; but the umpire cannot do so when the grenadier has once crossed three trenches including the front trench.

5. Other defenders can put an assailant out from the commencement of the innings.

6. A defender can put an assailant out on either side of his trench, while he is playing to cross that trench. A grenadier can put an assailant out on either side of the front trench, be he either an up player or a down player.

7. When an assailant has completely crossed a trench, no part of his foot shall touch the court of the trench which he has crossed.

8. (a) A defender, while he is putting an assailant out or immediately after it, shall not (i) raise his foot, (ii) commit a

hand-fault, (iii) commit a foot-fault or (iv) turn his face. If he has committed a breach of any of these conditions, the assailant shall not be declared out: but if the breach is committed as a result of a push from the assailant given before or after his crossing the trench, the assailant shall be declared out.

(b) A grenadier, in putting an assailant out, can raise his foot, commit a hand-fault within the lines of his trench, go up and down and turn his face.

9. An assailant shall be out if, (i) he has fouled, (ii) he goes out of the boundary, (iii) he is put out by a defender or grenadier without committing any breach as mentioned in rule No. 8, (iv) he breaks the rules 7, 10 and 20.

10. An assailant shall not allow both of his feet to go out of the boundary simultaneously. It shall be permissible if one foot goes out. If both feet of the assailant have gone out of the boundary, while the rest of the body is inside the boundary, he shall be considered to have placed his feet out. [The rules of the ring in this regard are different. Please refer to them.]

11. While holding [defending] his trench, a defender may go beyond the sidelines, but he shall go through the lines of his trench if produced; in doing so shall not commit the breach of the conditions mentioned in rule 8.

12. The foremost assailant shall call for Tond on crossing the back trench, from the defender of that trench. The defender shall then turn about and give Tond. All the assailant who may be in upper court of that trench shall then come down in the lower court of that trench. After all these assailants have crossed down and are out of the way of the defender, they shall again try to recross that trench. While the assailants are thus going down the trench, the defender shall not put them out. This procedure shall be repeated at every trench while going up to recross the trenches.

NOTE : The court on the front trench side of any trench is known as the upper court and the court on the back trench side of any trench is known as the lower court of that trench.

13. (a) A defender shall immediately turn about and give Tond when an assailant calls for it; when once he has turned

about and given Tond a defender shall not again turn about until the innings is over or a lona (game) is scored.

(b) If a grenadier is intervening and an assailant cannot go behind a defender to call for Tond, he shall call for Tond from the place where he is standing. The defender shall then go to the side and turn about and give Tond. The assailant shall not cross the trench and go up until Tond is given.

14. If the up player and the down player are in different squares of a trench and if the grenadier is intervening, the down player shall go to the square where the up player is. The grenadier and the defender of the trench shall not put the down player out when he is thus going.

15. If there is no assailant remaining in the court of a trench up to which Tond has been brought, the down player who crosses that trench while going down, shall be considered as having obtained Tond when he has entered that court.

16. An assailant shall be entitled to take Tond to other assailants when once he has obtained it.

17. Immediately when a *lona* is scored, the Referee shall announce that 'a *lona* has been scored' (or make a signal to that effect by blowing a whistle). On such an announcement (or signal) all the remaining assailants who are not out, shall go up and stand between the front trench and end line on that side; all the defenders shall face the front trench, and the grenadier shall stand on his trench ready to cut the square (*i.e.* all players excluding those assailants who are out, shall stand as they were at the beginning of the innings). The Referee shall then signal to start the play again. The grenadier shall cut the squares and the play shall go on as at the beginning of the innings.

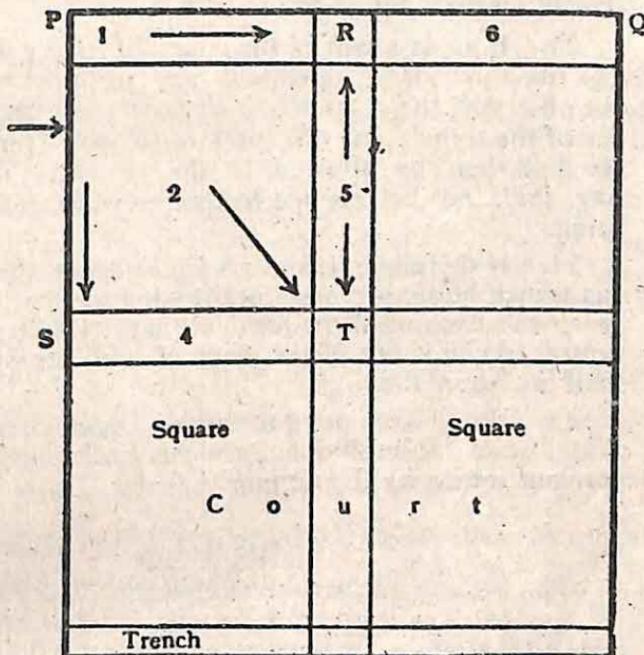
18. When an assailant is out he shall immediately come out of the play field, report to the scorer and sit down at the place indicated by the scorer.

19. **The Boundaries of the Ring.** The boundaries of the ring are the sideline of the square where the defender is defending the trench and the outer line of the trench opposite to that of the defender (previous trench).

NOTE : An assailant entering a ring shall cross the previous trench completely; if he does not do so and stands on that trench, the defender of that trench shall have the right to put him out.

**RULES OF THE RING
DIAGRAM**

Assailant
 PQ-Previous Trench
 PR-Remnan
 RQ-Half
 PSTR-Ring



1. Assailant on the remnant trying to cross the central trench.
2. Central assailant.
3. Assailant trying to cross the trench.
4. Defender of the trench of the Ring.
5. Grenadier.
6. Defender of the previous trench.
20. The assailants in the ring and in the previous trench shall have both their feet entirely within the boundaries of the ring and sidelines. They shall not place any foot out, in crossing the central trench, the trench of the ring and the previous trench.
21. If there is no assailant in the court of the previous trench, the defender of that trench shall remain in the half of that trench.
22. As long as there is an assailant in the ring on the remnant of the previous trench trying to cross the central trench,

at least one of the assailants in the court of the previous trench shall remain in the square opposite the half of the previous trench; he shall not go in the ring.

23. If an assailant in the court of the previous trench as described in rule 22, intends to try to cross the trench without observing the rules of the ring, he shall inform the defender of the trench and the umpire of the trench accordingly. He shall then be allowed to do so and the rules of the ring shall not be applied to the previous trench for the time being.

24. If there is only one assailant in the court of the previous trench he shall remain in the square opposite the half of the previous trench until the assailant in the ring trying to cross the central trench is out of the way of the previous trench. He shall not go in the ring.

25. If any assailant goes in the ring in contravention of the rules 22 and 24, he shall be brought back to the court of the previous trench by the umpire.

RULES ABOUT MATCHES

26. (a) Each side shall consist of nine players.

(b) The captain of the side winning the toss shall intimate to the referee as to whether they will be defenders or assailants.

27. Each innings shall be of 7 minutes' duration; but if the captain of the side of the assailants wishes to declare the innings over before that time, he shall intimate accordingly to the referee, who shall then signal to stop the play. Until the referee has so stopped the play the innings shall not be taken as over.

28. At the end of each innings there shall be an interval not exceeding 5 minutes.

29. The side of the assailants shall score ten points for each trench crossed by them, the number of trenches including the front trench being calculated on the basis of the trenches crossed by the foremost assailant.

NOTE : If a lona is scored, the side scores 180 points as each trench is crossed twice over.

30. Three innings shall be played by each side alternately playing as assailants and defenders. The side which scores more

points in the three innings shall be the winners. If the scores are equal, an additional innings shall be played by each side as assailants. If the tie still remains, the whole match shall be replayed.

31. If a match is not completed for any reason, it shall be continued further on another occasion and the scores of completed innings of each side shall be counted, for that side.

32. If the score of a side exceeds that of the other by 180 points or more, that side shall have the option of requiring the other side to follow their innings as assailants without losing their right to have their own innings as assailants afterwards, in case the other side exceeds their score.

OFFICIALS FOR THE MANAGEMENT OF A MATCH

33. The following officials shall be appointed for the management of a match :

1 Referee, 9 Umpires, 1 Scorer, and 1 Marker.

34. **Umpires.** There shall be 9 umpires—one for each trench and one for the central and front trenches, thus making nine in all; each umpire shall give all decisions promptly and distinctly about his trench and its area.

35. No appeal shall be necessary for any decision of any umpire. The umpires shall direct the assailants who are out in the jurisdiction to go and report themselves to the scorer from outside the field.

36. An umpire shall immediately report to the referee if any player wilfully obstructs the conduct of the play or intentionally breaks the rules or behaves in any ungentlemanly or mischievous manner.

37. **The Referee.** (a) The referee shall decide, in the presence of both the captains, as to how and when the play and the innings shall be commenced and finished. He shall start and finish the innings with proper signals. (b) He shall keep time and shall announce the score of the assailants at the end of each innings. (c) He shall at the end announce the score of both the sides and the result of the match. (d) He shall have the authority and discretion to penalise any improper conduct mentioned in the rule 36; the penalty at his discretion shall range

according to the default from forbidding the defaulting player from participation in one innings up to forbidding the entire side of the defaulting player from participation in further play. (e) He shall decide any questions relating to the interpretation of the rules if they arise. (f) He shall assist the umpires in the discharge of their duties. In case of difference between the umpires over a decision, he shall give his final decision. (g) He shall be responsible for the general supervision of the conduct of the play and the match.

38. Scorer. He shall keep a record of assailants who are out. He shall consult the referee and announce the score at the end of each innings. He shall properly fill in the score sheet and get it signed by the referee.

39. The Marker. He shall station himself outside a sideline (with a suitable sign like a flag in his hand which can be easily seen by the players) and shall move along with the foremost leading assailant to mark the trenches crossed by him. He shall inform the referee and the scorer the number of trenches crossed by the assailants at the end of an innings.

40. The referee may appoint additional officials if he thinks them necessary for the proper conduct of the match. All the officials shall be appointed by the institution under whose auspices the match is organised. They shall work under the guidance of the referee.

'THE LAWS OF BADMINTON

AS REVISED IN THE YEAR 1939

and adopted by

THE INTERNATIONAL BADMINTON FEDERATION

Incorporating all amendments subsequently adopted

1. Court. (a) The Court shall be laid as in the following Diagram "A" (except in the case provided for in paragraph (b) of this Law) and to the measurements there shown, and shall be defined preferably by white or yellow lines, or, if this is not possible, by other easily distinguishable lines, $1\frac{1}{2}$ inches (4 cms.) wide.

In marking the court, the width ($1\frac{1}{2}$ inches) (4 cms.) of the centre lines shall be equally divided between the right and left service courts; the width ($1\frac{1}{2}$ inches [4 cms.] each) of the short service line and the long service line shall fall within the 13 feet (3.96 metres) measurement given as the length of the service court; and the width ($1\frac{1}{2}$ inches [4 cms.] each) of all other boundary lines shall fall within the measurements given.

(b) Where space does not permit of the marking out of a court for doubles, a court may be marked out for singles only as shown in Diagram "B". The back boundary lines become also the long service lines, and the posts, or the strips of material representing them as referred to in Law 2, shall be placed on the side lines.

2. Posts. The posts shall be 5 feet 1 inch (1.55 metres) in height from the surface of the court. They shall be sufficiently firm to keep the net strained as provided in Law 3, and shall be placed on the side boundary lines of the court. Where this is not practicable, some method must be employed for indicating the position of the side boundary line where it passes under the net, e.g., by the use of a thin post or strip of material not less than $1\frac{1}{2}$ inches (4 cms.) in width, fixed to the side boundary line and rising vertically to the net cord. Where

this is in use on a court marked for doubles it shall be placed on the boundary line of the doubles court irrespective of whether singles or doubles are being played.

3. Net. The net shall be made of fine natural cord or artificial fibre or a dark colour and even thickness with a mesh not less than $\frac{1}{8}$ inch (1.5 cms.) and not more than $\frac{3}{8}$ inch (2 cms.). It shall be firmly stretched from post to post, and shall be 2 feet 6 inches (0.76 metres) in depth. The top of the net shall be 5 feet (1.524 metres) in height from the floor at the centre, and 5 feet 1 inch (1.55 metres) at the posts, and shall be edged with a 3 inch (75 mms.) white tape doubled and supported by a cord or cable run through the tape and strained over and flush with the top of the posts.

4. Shuttle. A shuttle shall weigh from 73 to 85 grains (4.73 to 5.50 grammes), and shall have from 14 to 16 feathers fixed in a cork, 1 inch to $1\frac{1}{2}$ inches (0.025 to 0.028 metres) in diameter. The feathers shall be from $2\frac{1}{2}$ to $2\frac{3}{4}$ inches (0.064 to 0.070 metres) in length from the tip to the top of the cork base. They shall have from $2\frac{1}{8}$ to $2\frac{1}{2}$ inches (0.054 to 0.064 metres) spread at the top and shall be firmly fastened with thread or other suitable material.

Subject to there being no substantial variation in the general design, pace, weight and flight of the shuttle, modifications in the above specifications may be made, subject to the approval of the National Organisation concerned.

- (a) in places where atmospheric conditions, due either to altitude or climate, make the standard shuttle unsuitable; or
- (b) if special circumstances exist which make it otherwise expedient in the interests of the game.

The Badminton Association of England has approved the use of modified shuttles (e.g. plastic, nylon etc), for play in England.)

A shuttle shall be deemed to be of correct pace, if, when a player of average strength strikes it with a full underhand stroke from a spot immediately above one back boundary line in a line parallel to the side lines, and at an upward angle, it falls not less than 1 foot (0.30 metres), and not more than 2

feet 6 inches (0.76 metres) short of the other back boundary line.

5. **Players.** (a) The word "Player" applies to all those taking part in a game.

(b) The game shall be played, in the case of the doubles game, by two players a side, and in the case of the singles game, by one player a side.

(c) The side for the time being having the right to serve shall be called the "In" side, and the opposing side shall be called the "Out" side.

6. **The Toss.** Before commencing play the opposing sides shall toss, and the side winning the toss shall have the option of :

- (a) Serving first; or
- (b) Not serving first; or
- (c) Choosing ends.

The side losing the toss shall then have choice of any alternative remaining.

7. **Scoring.** (a) The doubles and men's singles game consists of 15 or 21 points, as may be arranged. Provided that in a game of 15 points, when the score is 13-all, the side which first reached 13 has the option of "Setting" the game to 5, and that when the score is 14-all, the side which first reached 14 has the option of "Setting" the game to 3. After the game has been "Set" the score is called "Love All", and the side which first scores 5 or 3 points, according as the game has been "Set" at 13- or 14-all, wins the game. In either case the claim to "Set" the game must be made before the next service is delivered after the score has reached 13-all or 14-all. Provided also that in a game of 21 points the same method of scoring be adopted, substituting 19 and 20 for 13 and 14.

(b) The ladies' single game consists of 11 points. Provided that when the score is "9-all" the player who first reached 9 has the option of "Setting" the game to 3, and when the score is "10-all" the player who first reached 10 has the option of "Setting" the game to 2.

(c) A side rejecting the option of "Setting" at the first

opportunity shall not be thereby barred from "Setting" if a second opportunity arises.

(d) In handicap games "Setting" is not permitted.

8. The opposing sides shall contest the best of three games, unless otherwise agreed. The players shall change ends at the commencement of the second game and also of the third game (if any). In the third game the players shall change ends when the leading score reaches :

- (a) 8 in a game of 15 points;
- (b) 6 in a game of 11 points;
- (c) 11 in a game of 21 points;

or, in handicap events, when one of the sides has scored half the total number of points required to win the game (the next highest number being taken in case of fractions). When it has been agreed to play only one game the players shall change ends as provided above for the third game.

If, inadvertently, the players omit to change ends as provided in this Law at the score indicated, the ends shall be changed immediately the mistake is discovered, and the existing score shall stand.

9. Doubles Play. (a) It having been decided which side is to have the first service, the player in the right-hand service court of that side commences the game by serving to the player in the service court diagonally opposite. If the latter player returns the shuttle before it touches the ground it is to be returned by one of the "In" side, and then returned by one of the "Out" side, and so on, until a fault is made or the shuttle ceases to be "In Play". [Vide paragraph (b)]. If a fault is made by the "In" side, its right to continue serving is lost, as only one player on the side beginning a game is entitled to do so (vide Law 11), and the opponent in the right-hand service court then becomes the server; but if the service is not returned, or the fault is made by the "Out" side, the "In" side scores a point. The "In" side players then change from one service court to the other, the service now being from the left-hand service court to the player in the service court diagonally opposite. So long as a side remains "In" service is delivered alternately from each service court into the one diagonally

opposite, the change being made by the "In" side when, and only when, a point is added to its score.

(b) The first service of a side in each innings shall be made from the right-hand service court. A "Service" is delivered as soon as the shuttle is struck by the server's racket. The shuttle is thereafter "In Play" until it touches the ground, or until a fault or "Let" occurs, or except as provided in Law 19. After the service is delivered, the server and the player served to may take up any positions they choose on their side of the net, irrespective of any boundary lines.

10. The player served to may alone receive the service, but should the shuttle touch, or be struck by his partner, the "In" side scores a point. No player may receive two consecutive services in the same game, except as provided in Law 12.

11. Only one player of the side beginning a game shall be entitled to serve in its first innings. In all subsequent innings each partner shall have the right, and they shall serve consecutively. The side winning a game shall always serve first in the next game, but either of the winners may serve and either of the losers may receive the service.

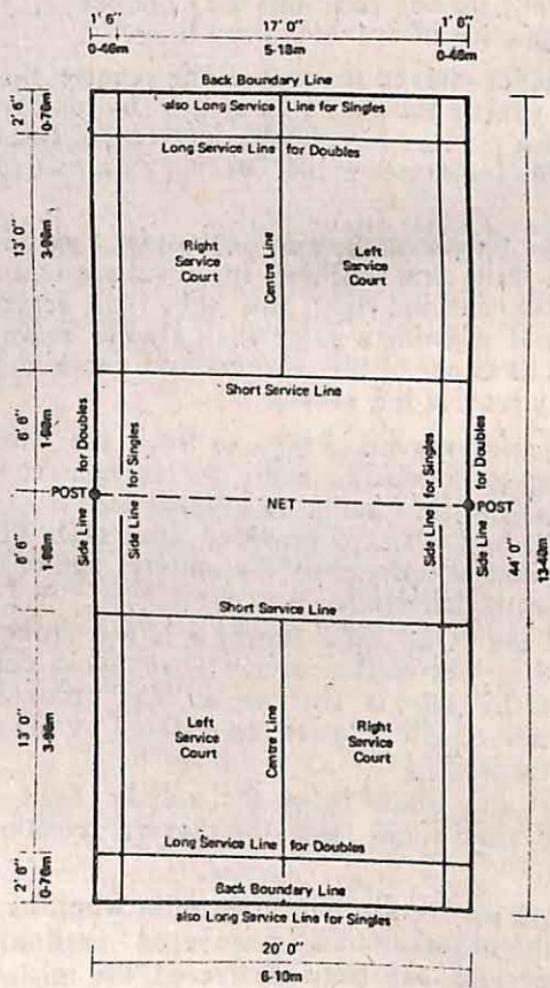
12. If a player serves out of turn, or from the wrong service court (owing to a mistake as to the service court from which service is at the time being in order), *and his side wins the rally*, it shall be a "Let", provided that such "Let" be claimed and allowed or ordered by the umpire, before the next succeeding service is delivered.

If a player of the "Out" side, standing in the wrong service court is prepared to receive the service when it is delivered, and his side wins the rally, it shall be a "Let", provided that such "Let" be claimed and allowed, or ordered by the umpire, before the next succeeding service is delivered.

If in either of the above cases the side at fault *loss the rally*, the mistake shall stand and the players' positions shall not be corrected.

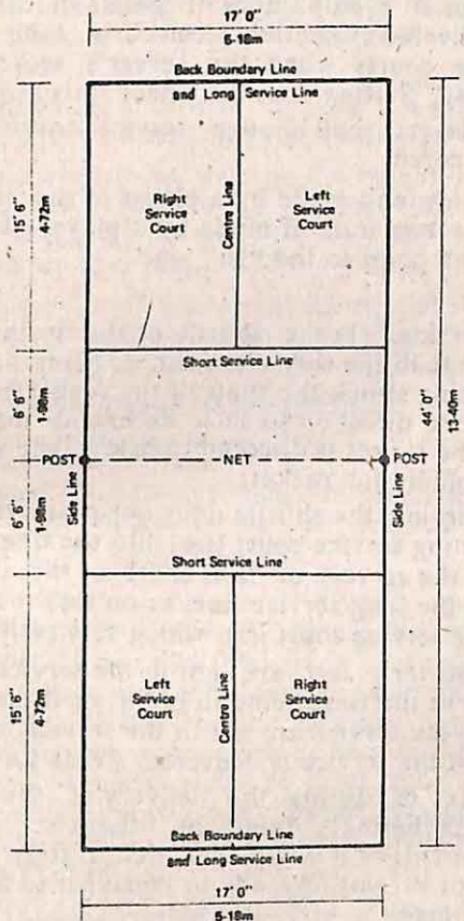
Should a player inadvertently change sides when he should not do so, and the mistake not be discovered until after the next succeeding service has been delivered, the mistake shall

DIAGRAM (A).



Diagonal Measurement of full Court : 48 ft. 4 in. (14.723 metres)
Diagonal Measurement of half Court : 29 ft. 8¾ in. (9.061 metres)
(from post to back boundary line).

DIAGRAM (B). Singles Court.



Diagonal Measurement of full Court : 47 ft. 2 in. (14.366 metres)

Diagonal Measurement of half Court : 27 ft. 9-5/8 in. (8.469 metres)
(from post to back boundary line).

Measurements are quoted in Feet ('') and Inches ('') and in Metres.

stand, and a "Let" cannot be claimed or allowed, and the players' positions shall not be corrected.

13. Singles Play. In singles Laws 9 and 12 hold good, except that:

(a) The players shall serve from and receive service in their respective right-hand service courts only when the server's score is 0, or an even number of points in the game, the service being delivered from and received in their respective left-hand service courts when the server's score is an odd number of points. Setting does not affect this sequence.

(b) Both players shall change service courts after each point has been scored.

14. Faults. A fault made by a player of the side which is "In" puts the server out; if made by a player whose side is "Out", it counts a point to the "In" side.

It is a fault :

(a) If, in serving, (1) the shuttle at the instant of being struck be higher than the server's waist, or (2) if at the instant of the shuttle being struck the shaft of the racket be not pointing in a downward direction to such an extent that the whole of the head of the racket is discernibly below the whole of the server's hand holding the racket.

(b) If, in serving, the shuttle does not pass over the net or falls into the wrong service court (i.e. into the one not diagonally opposite to the server), or falls short of the short service line, or beyond the long service line, or outside the side boundary lines of the service court into which service is in order.

(c) If the server's feet are not in the service court from which service is at the time being in order, or if the feet of the player receiving the service are not in the service court diagonally opposite until the service is delivered. (Vide Law 16.)

(d) If before or during the delivery of the service any player makes preliminary feints or otherwise intentionally baulks his opponent, or if any player deliberately delays serving the shuttle or in getting ready to receive it so as to obtain an unfair advantage.

(e) If either in service or play, the shuttle falls outside the boundaries of the court, or passes through or under the net or

fails to pass the net, or touch the roof or side walls, or the person or dress of a player. (A shuttle falling on a line shall be deemed to have fallen in the court or service court of which such line is a boundary.)

(f) If the shuttle "In Play" be struck before it crosses to the striker's side of the net. (The striker may, however, follow the shuttle over the net with his racket in the course of his stroke.)

(g) If, when the shuttle is "In Play", a player touches the net or its support with racket, person or dress.

(h) If the shuttle be held on the racket (i.e. caught or slung) during the execution of a stroke; or if the shuttle be hit twice in succession by the same player with two strokes; or if the shuttle be hit by a player and his partner successively.

(i) If, in play, a player strikes the shuttle (unless he thereby makes a good return) or is struck by it, whether he is standing within or outside the boundaries of the court.

(j) If a player obstructs an opponent.

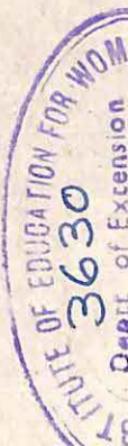
(k) If Law 16 be transgressed.

15. General. The server may not serve till his opponent is ready, but the opponent shall be deemed to be ready if a return of the service be attempted.

16. The server and the player served to must stand within the limits of their respective courts (as bounded by the short and long service, the centre, and side lines), and some part of both feet of these players must remain in contact with the surface of the court in a stationary position until the service is delivered. A foot on or touching a line in the case of either the server or the receiver shall be held to be outside his service court. [Vide Law 14 (c).] The respective partners may take up any position, provided they do not unsight or otherwise obstruct an opponent.

17. (a) If in the course of service or rally, the shuttle touches and passes over the net, the stroke is not invalidated thereby. It is a good return if the shuttle having passed outside either post drops on or within the boundary lines of the

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opposite court. A "Let" may be given by the umpire for any unforeseen or accidental hindrance.

(b) If, in service, or during a rally, a shuttle, *after passing over the net, is caught in or on the net*, it is a "Let".

(c) If the receiver is faulted for moving before the service is delivered, or for not being within the correct service court, in accordance with Laws 14 (c) or 16, and at the same time the server is also faulted for a service infringement, it shall be a let.

(d) When a "Let" occurs, the play since the last service shall not count, and the player who served shall serve again, except when Law 12 is applicable.

18. If the server, in attempting to serve, misses the shuttle, it is not a fault; but if the shuttle be touched by a racket, a service is thereby delivered.

19. If when in play, the shuttle strikes the net and remains suspended there, or strikes the net and falls towards the surface of the court on the striker's side of the net, or hits the surface outside the court and an opponent then touches the net or shuttle with the racket or person, there is no penalty, as the shuttle is not *then* in play.

20. If a player has a chance of striking the shuttle in a downward direction when quite near the net, his opponent must not put up his racket near the net on the chance of the shuttle rebounding from it. This is obstruction within the meaning of Law 14(j).

A player may, however, hold up his racket to protect his face from being hit if he does not thereby baulk his opponent.

21. It shall be the duty of the umpire to call "Fault" or "Let" should either occur, without appeal being made by the players, and to give his decision on any appeal regarding a point in dispute, if made before the next service; and also to appoint linesmen and service judges at his discretion. The umpires decision shall be final, but he shall uphold the decision of a linesman or service judge. This shall not preclude the umpire also from faulting the server or receiver. Where

however, a referee is appointed, an appeal shall lie to him from the decision of an umpire on questions of law only.

22. Continuous Play. Play shall be continuous from the first service until the match be concluded; except that (a) in the International Badminton Championship and in the Ladies' International Badminton Championship there shall be allowed an interval not exceeding five minutes between the second and third games of a match; (b) in countries where conditions render it desirable, there shall be allowed, subject to the previously published approval of the National Organisation concerned, an interval not exceeding five minutes between the second and third games of a match, in singles or doubles, or both; and (c) when necessitated by circumstances not within the control of the players, the umpire may suspend play for such a period as he may consider necessary. If play be suspended the existing score shall stand and play be resumed from that point. Under no circumstances shall play be suspended to enable a player to recover his strength or wind, or to receive instruction or advice. Except in the case of any interval already provided for above, no player shall be allowed to receive advice during a match or to leave the court until the match be concluded without the umpire's consent. The umpire shall be the sole judge of any suspension of play and he shall have the right to disqualify any offender.

(The Badminton Association of England has sanctioned that there may be an interval not exceeding five minutes between the second and third games only in matches in International Fixtures in England, subject to the agreement of the opponents.)

INTERPRETATIONS

1. Any movement or conduct by the server that has the effect of breaking the continuity of service after the server and receiver have taken their positions to serve and to receive the service is a preliminary feint. For example, a server, who after having taken up his position to serve, delays hitting the shuttle for so long as to be unfair to the receiver, is guilty of such conduct.

[Vide Law 14(d).]

2. It is obstruction if a player invades an opponent's court with racket or person in any degree except as permitted in Law 14(f).

[Vide Law 14(j).]

3. Where necessary on account of the structure of a building, the local Badminton Authority, may, subject to the right of veto of its National Organisation, make bye-laws dealing with cases in which a shuttle touches an obstruction.

RECOMMENDATIONS TO UMPIRES

AS ADOPTED BY THE INTERNATIONAL BADMINTON FEDERATION

1. Thoroughly know "The Laws of Badminton"
2. The umpire's decision is final on all points of fact : a player may, however, appeal to the referee on a point of law only.
3. The linesman's decision is final on all points of fact on his own line: the umpire cannot overrule him. If a linesman is unsighted, the umpire may then give a decision if he can: otherwise a let should be played.
4. Where a service judge is appointed, his decision is final on all points of fact in connection with the delivery of the service as set out in "Service Judge" 27. It shall be the duty of the umpire specially to watch the receiver—see 22(c).
5. All announcements and calling of the score must be done distinctly and loudly enough to be heard clearly by players and spectators.
Call promptly and with authority but, if a mistake is made, admit it, apologise and correct it.
6. If a decision cannot be given, say so and give a let' NEVER ask spectators nor be influenced by their remarks.
7. The umpire is responsible for all lines not covered by linesmen.
8. The umpire should control the match firmly, but without being officious. He should keep play flowing without unnecessary interruptions while ensuring that the Laws are observed. The game is for the players.
9. When a doubt arises in the mind of the umpire or service judge as to whether an infringement of the Laws has occurred or not, "Fault" should not be called and the game allowed to proceed.

BEFORE PLAY BEGINS

10. Obtain the score pad from the referee. Enter up the score pad.
11. Check the net for height. See that the posts are on the lines, or that tapes are correctly placed—Laws 2 and 3.
12. Ensure that the linesmen and service judge are correctly placed and know their job—see “Linesmen” and “Service Judge”
13. Ensure that a sufficient quantity of tested shuttles according to Law 4 is readily available for the match in order to avoid delays during play. If the players cannot agree, the umpire should have the shuttles tested, or in a tournament refer to the referee, or in a match the captains or referee. Once shuttles have been found to be acceptable, ensure that they are used unless circumstances after.

STARTING THE MATCH

14. Ensure that tossing is correctly carried out, and that the winners and losers exercise correctly their options under Law 6.
15. In the case of doubles, mark on the score pad the names of the players starting in the right-hand service courts. This enables a check to be made at any time to see if the players are in their correct service courts. If during the game the players get in their wrong service court unnoticed, so that they have to stay wrong—Laws 12—amend the score pad accordingly.
16. When the players have finished warming-up, announce:
 - (a) In a tournament:
 1. “Final or semi-final of...” If, neither say nothing.
 - (b) In a tournament or match:
 1. Names of players with country, country or club where applicable.
 2. Name of the first server, and, in case of doubles, of the receiver.

3. To start the match, call "Love all, play".

THE MATCH

17. Mark the score pad as the match proceeds.

18. Call the score:

(a) Always call the server's score first.

(b) Singles—when a player loses his service, call "Service over" followed by the score in favour of the new server.

(c) Doubles—at the beginning of a game call the score only, and continue to do so as long as the first player serves. When the right to serve is lost, call "Service over" followed by the score in favour of the new server. In that and subsequent innings, when the first server losses his right to serve, call the score followed by "Second server". Continue this as long as the second player serves: When a side loses the right to serve, call "Service over" followed by the score in favour of the new server.

(d) When a side reaches 14, or in the case of ladies' singles 10, call on the first occasion only "Game point" or "Match point". If a further game or match point occurs after setting, call it again on the first occasion. "Game point" or "Match point" should always immediately follow the server's score where applicable, and precede the receiver's score.

(e) When the shuttle falls outside a line for which the umpire is responsible in the absence of a linesman, call "Out" before calling the score.

19. See that no unnecessary delay occurs, or that the players do not leave the court without the permission of the umpire—Law 22.

20. If an unavoidable hold-up occurs in a match, record the score, server and the correct service courts of the players on the score pad.

21. If a shuttle or other object not connected with the match in progress invades the court or its environs, "Let" should be called.

22. Look out for:

(a) Faulty serving if there is no service judge. It is diffi-

cult to detect from the chair "serving above the waist", or "racket head above the hand". If there is any doubt, caution the player and ask for a service judge.

(b) The server having both feet on the floor in a stationary position INSIDE the service court when the shuttle is struck, and that there is no feint—Law 14(d) and interpretation 1: This should be the responsibility of the service judge if available. Where the official responsible considers that there has been a flagrant fault under Law 14(d), as described in Interpretation 1, he shall fault the server as soon as the service is delivered. However, each case should be judged on its merits and, if it is considered that the server tends to delay too long, the umpire should, either on his responsibility, or at the request of the service judge, warn the player that he will be faulted should he continue to delay. (See also recommendation 33.)

(c) The receiver having both feet on the floor in a stationary position INSIDE the service court until the service is delivered, and that he does not move before the shuttle is struck—Laws 14(c) and 16.

(d) Strokes which are faults under Law 14(h). These should be immediately called by the umpire as "Fault".

(e) On no account allow players to call "no shot", "Fault" etc. Warn them if they do, as it may distract their opponents.

(f) Obstruction: for instance, sliding under the net; throwing the racket into the opponent's court; baulking; unsighting an opponent during service. See Laws 14(d), 14(j), 16, 20 and Interpretation 2.

(g) Serving and receiving out of turn or in the wrong court, Law 12 should be thoroughly understood.

(h) Striking the shuttle before it crosses the net, and hitting the net with racket, person or dress, while the shuttle is in play—Laws 14(f) and 14(g).

(i) The option of "setting" being correctly exercised—Law 7. It is the duty of the umpire to ask the player's or players' decision. Announce the decision loudly so that spectators can hear, calling "Set 2 points" (or 3 or 5 as appropriate) fol-

lowed by "Love all, or "Love all" second server", as the case may be.

(j) The players changing ends at the correct score in the third game—Law 8.

(k) A player interfering with the correct speed of a shuttle. The player should be warned, and the shuttle discarded if necessary.

THE END OF A GAME

23. Announce: "Game to..." (the name(s) of the player(s) in a tournament or the name of the team represented in the case of a meeting of representative teams) followed by the score and, if appropriate, by "One game all".

In the case of a match in a meeting between two teams, always define the contestants by the name of the team represented and not by the names of the actual players.

THE END OF THE MATCH

24. Announce the result and score.

25. Immediately take the completed and signed score pad to the referee in a tournament, or to the captains in a match.

SERVICE JUDGE

26. If only one is appointed, he should sit on a low chair by the net post preferably opposite the umpire, but on the same side as the umpire if circumstances so dictate. If two are appointed, each should sit on a low chair behind the back boundary line, or in accordance with the direction of the umpire.

27. The service judge, where only one is appointed, or the service judge on the server's side of the court when two are appointed, is responsible for seeing that the server:

(a) Until the shuttle is struck, has some part of both feet in a stationary position on the floor INSIDE the service court—Law 16 and Recommendation 32—and does not feint—Law 14(d) and Interpretation 1.

(b) At the moment of striking the shuttle does not have ANY part of the head of the racket above ANY part of the hand holding the racket—Law 14(a), and does not have any part of the shuttle above his waist Law 14(a).

28. If the server does not comply with all of 27 the service judge responsible should immediately call "Fault" loudly and ensure that the umpire hears him.

Where two service judges are appointed the one on the receiver's side should be made responsible for calling "Fault" for infringement of Law 16 on the part of the receiver. He should call "Fault" loudly and ensure that the umpire hears him.

In addition this shall not preclude the umpire also from faulting the server or receiver.

The umpire may arrange with the service judge, or judges any extra duties which he wishes either to undertake, provided that the players are so advised.

LINESMEN

29. A linesman is entirely responsible for his line. If the shuttle falls out, no matter how far, call, "Out" promptly in a clear voice loud enough to be heard by the players and the spectators, and at the same time signal by extending both arms horizontally so the umpire can see clearly. If the shuttle falls in, say nothing. If unsighted, inform the umpire immediately.

30. Linesmen should be sited on chairs in prolongation of their lines at the ends of the court and at the side opposite to the umpire.

31. If three linesmen are available, two should take a back boundary line and (in doubles) long service line each, the third the sideline furthest from the umpire.

If further linesmen are available, they should be used according to the umpire's preference.

INTERPRETATIONS

32. It is not a fault under Law 16 if either the server or the receiver raises any part of either or both feet, provided that some part of both feet does maintain contact with the same part of the surface of the court.

33. It is not a fault under Law 16 if the server, after having taken up his position to serve, should then take one step forward before striking the shuttle, always provided that he had not started to swing his racket, either backwards or forwards, before taking such step.

BASKETBALL

NOTES PREPARED BY THE ENGLISH BASKETBALL ASSOCIATION

All Lines. All lines used in marking the court should be 0.05 m. in width, and in a colour strongly contrasting with the court surface.

Boundary Lines. The boundary lines should be marked to form the rectangular playing area. The side lines should be 26.00 m. in length and the end lines 14.00 m. in length. The measurements should be made to the *inside edges* of the lines.

Variations of plus or minus 2.00 m. on the length and 1.00 m. on the width are permitted. These variations must be in proportion to each other. e.g.—If the length is increased by 1.00 m., the width must be increased by 0.5 m.

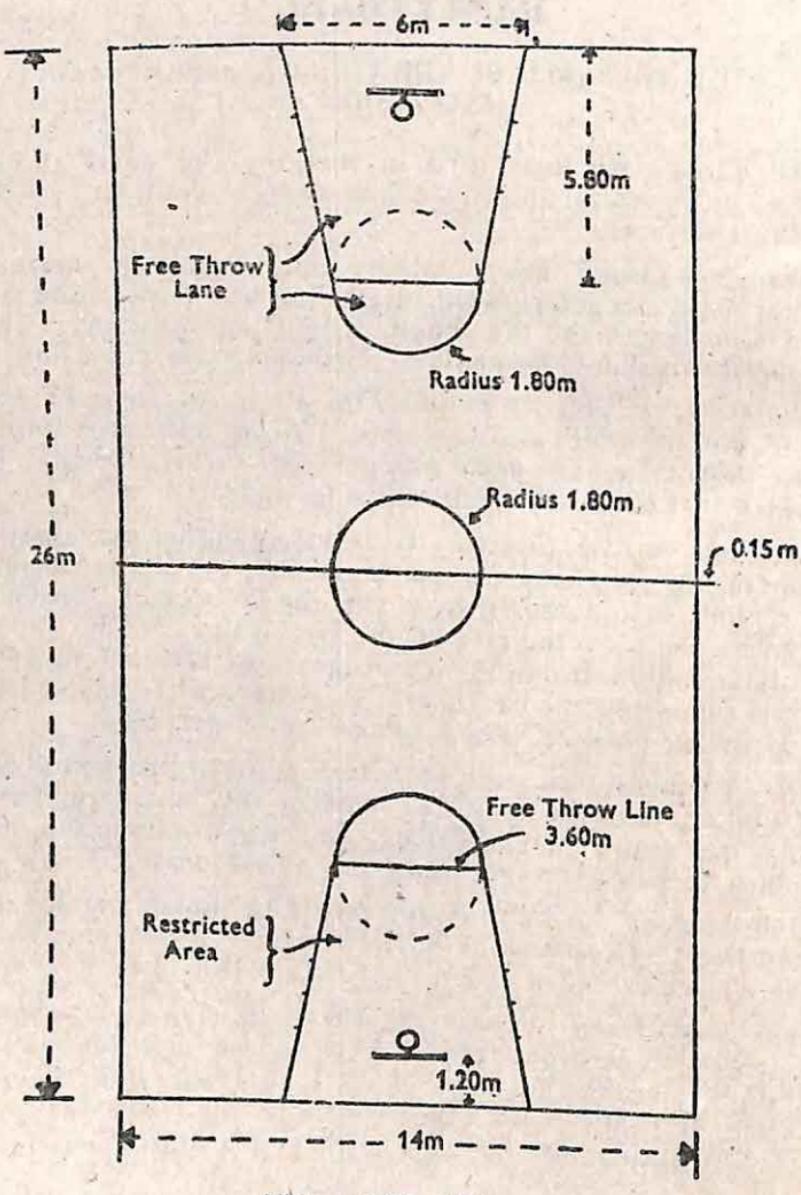
Overhang of Backboards. It is essential that each backboard should overhang the playing court by 1.20 m. at the end of the court, measured from the inside edge of the end line to the plane of the face of the backboard. There must be *at least* 0.40 m. from the outer edge of the end line to any uprights supporting the backboard. It is strongly recommended that whenever possible, this distance should be 1.00 m.

Out of Bounds Area. An area free from obstruction of at least 1.00 m. must be provided outside the boundary lines around the entire playing area. The distance between the boundary lines and the spectators should be at least 2.00 m.

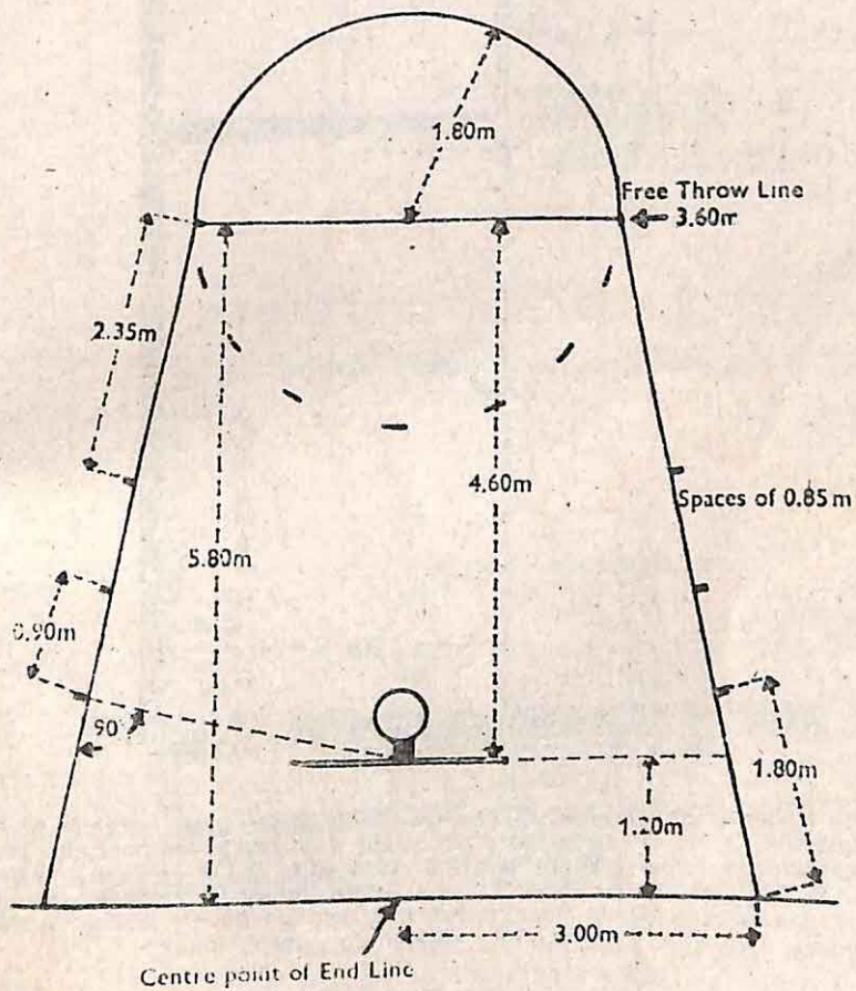
Halfway Line. A halfway line should be drawn, parallel to the end lines, intersecting the sidelines at their mid-point. This line should be extended 0.15 m. beyond the side lines.

Free Throw Lines. The Free Throw lines are two lines each 3.60 m. in length drawn parallel to the end lines and equidistant from the side lines. Each Free Throw line should be 5.80 m. from the inside edge of the end line. This distance should be measured to the edge of the Free Throw line fur-

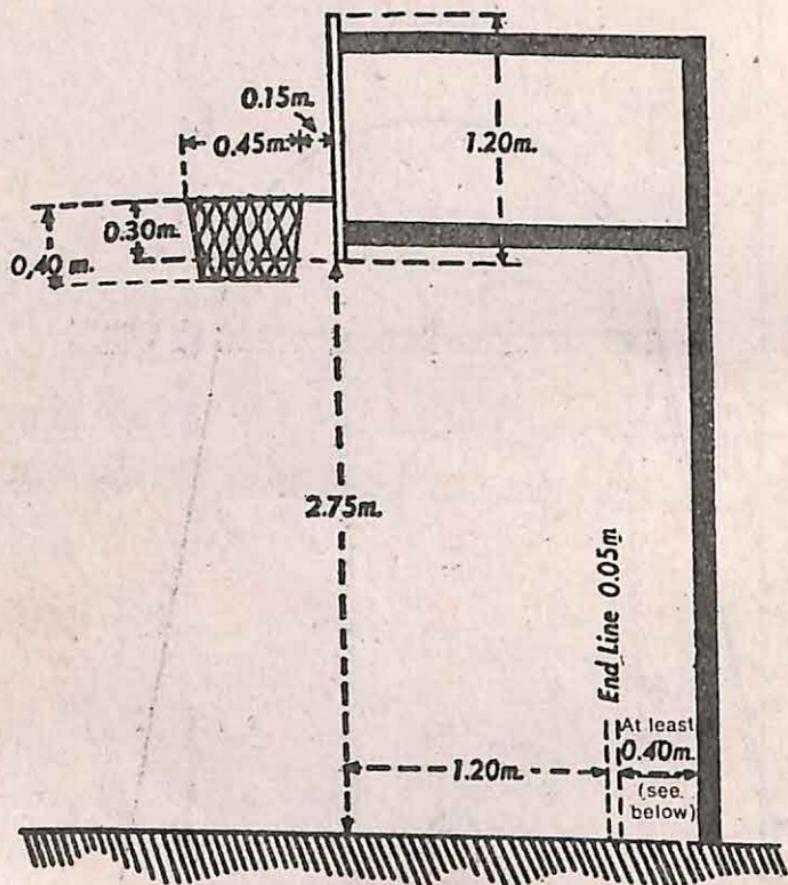
REGULATION SIZE COURT



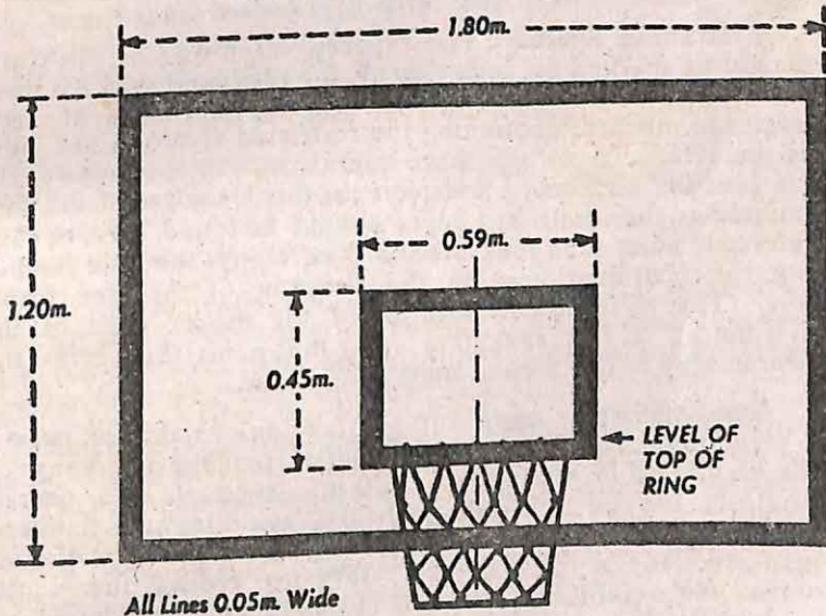
All Lines 0.05m Wide

REGULATION FREE THROW LANE

REGULATION BASKET SUPPORT



The up-rights supporting the backboards shall be at a distance of at least 0.40 m (it is strongly recommended that, whenever possible, this distance should be 1.00 m) from the outer edge of the end lines in the out of bounds area and shall be of a Bright Colour in contrast with the background in such a manner that they will be clearly visible to the players, and in addition suitably padded to prevent injury.

REGULATION BACKBOARD MARKINGS

thest from the end line. The distance from this edge to the plane of the face of the backboard should be 4.60 m.

Restricted Areas. The restricted areas are formed by joining the ends of each free throw line to the end line. The lines are drawn such that (on a regulation court) they intersect the end line at a distance of 3.00 m. from the mid-point of the end line, and the width of the restricted area at the end line is 6.00 m. This distance is measured to the outside edges of both the lines bounding the restricted area, but along the inside edge of the end line.

Restraining Circles. Three restraining circles should be drawn each with radius 1.80 m., measured to the outer edge of the circle. The circles have their centers at the mid-point of the centre line, and the mid-point of the free throw lines respectively.

The circles around the free throw lines should be continued inside the restricted area by a *broken* line.

Free Throw Spaces. Two spaces, each 0.85 m. in width should be marked on each side of the restricted area by three short lines, 0.10 m. in length, extending outwards at right angles to the lines bounding the restricted area on each sides of the area. To locate these marks, the points where the plane of the backboard intersects the outside edges of the lines bounding the restricted area should be found. From each reference point then measure 0.575 m. along the line bounding the restricted area, in the direction of the free throw line. This will give the location of the nearer edge of the first mark. A further 0.90 m. from that point then gives the nearer edge of the second mark, and so on.

Non-Regulation Courts. If local conditions do not permit a regulation size court, it is *essential* that the overhang of the backboard be retained as 1.20 m., even if the overall length of the court is reduced below the minimum standard permitted (24.00 m.). Even if a court is less than the minimum permitted length. It is not necessary to reduce the width below the minimum standard (13.00 m.) unless dictated by local conditions.

On courts where the margin out of bounds free from obst-

reiction is less than the required minimum (1.00 m.) a fine line should be drawn on the court 1.00 m. from the boundary line.

In exceptional circumstances, where an overhang of 1.20 m. is not possible, all court markings should be laid down as stated above, except that the end line will be less than 1.20 m. behind the plane of the face of the backboard. In this case the width of the restricted area at the end line will be less than 6.00 m., but the width of the area in the plane of the face of the backboard will be the same as for a regulation court. This is 5.50 m. measured to the outside edges of the lines bounding the area.

RULE ONE—THE GAME

1. **Definition.** Basketball is played by two teams of five players each. The purpose of each team is to throw the ball into the opponent's basket and to prevent the other team from securing the ball or scoring. The ball may be passed, thrown, batted, rolled or dribbled in any direction, subject to the restrictions laid down in the following rules.

RULE TWO—EQUIPMENT

2. **Court—Dimensions.** The playing court shall be a rectangular hard surface free from obstructions and shall have dimensions of 26 m. in length by 14 m. in width, measured from the inside edge of the boundary lines.

The following variations in the dimensions are permitted plus or minus 2 m. on the length and plus or minus 1 m. on the width, the variations being proportional to each other. Grass covered courts are not permitted.

The height of the ceiling should be at least 7 m. The playing surface should be uniformly and adequately lighted. The light units should be placed where they will not hinder the vision of a player throwing for goal.

3. **Boundary Lines.** The playing court shall be marked by well defined lines, which shall be at every point at least 1 m. from any obstruction. The lines of the long sides of the court shall be termed the *side lines*, those of the short sides,

the *end lines*. The distance between these lines and the spectators should be at least 2 m.

When the margin of out-of-bounds free from obstruction is less than 1 m. a fine line should be drawn in the court 1 m. from the boundary line. (See also E.B.B.A. Modifications.)

The lines mentioned in this article and in the following must be drawn so as to be perfectly visible and be 5 cm. in width.

4. Centre Circle. The centre circle shall have a radius of 1.80 m. and it shall be marked in the centre of the court. The radius shall be measured to the outer edge of the circumference.

5. Centre Line—Front Court, Back Court. A centre line shall be drawn, parallel to the end lines, from the mid-points of the side lines, and shall extend 15 cm. beyond each side line.

A team's Front Court is that part of the court between the end line behind the opponents' basket and the nearer edge of the centre line. The other part of the court, including the centre line, is the *team's Back Court*.

6. Free Throw Lines. A free throw line shall be drawn parallel to each end line. It shall have its further edge 5.80 m. from the inner edge of the end line, and it shall be 3.60 m. long and its mid-point shall lie on the line joining the mid-points of the two end lines.

7. Restricted Areas and Free Throw Lanes. The restricted areas shall be spaces marked in the court which are limited by the end lines, the free throw lines and by lines which originate at the end lines, their outer edges being 3 m. from the mid-points of the end lines, and terminate at the ends of the free

The free throw lanes are the restricted areas extended in the playing court by semi-circles with a radius of 1.80 m., their centres at the mid-points of the free throw lines. Similar semi-circles shall be drawn with a broken line within the restricted areas.

Spaces along the free throw lanes, to be used by players during free throws, shall be marked as follows :

The first space shall be situated 1.80 m. from the inside edge of the end line, measured along the line at the side of the free throw lane, and shall be 85 cm. in width. The second space shall be adjacent to the first and shall also be 85 cm. in width. The lines used to mark these spaces shall be 10 cm. long and be perpendicular to the side line of the free throw lane, and shall be drawn outside the space they are delimiting.

8. Backboards—Size, Material and Position. Each of the two backboards shall be made of hard wood, 3 cm. thick, or of a suitable transparent material (made in one piece and of the same degree of rigidity as those made of wood), and their dimensions shall be 1.80 m. horizontally and 1.20 m. vertically. The front surface shall be flat and unless it is transparent, it shall be white. This surface shall be marked as follows : a rectangle shall be drawn behind the ring and marked by a line 5 cm. in width. The rectangle shall have outside dimensions of 59 cm. horizontally and 45 cm. vertically. The top edge of its base line shall be level with the ring.

Borders of the backboards shall be marked with a line, 5 cm. in width. These lines shall be of a colour contrasting with the background. Normally, if the backboard is transparent it shall be marked in white; in other cases in black. The edges of the backboards and the rectangles marked on them should be of the same colour.

The backboards shall be rigidly mounted in a position at each end of the court at right angles to the floor, parallel to the end lines, and with their lower edges 2.75 m. above the floor. Their centers shall lie in the perpendiculars erected at the points in the court 1.20 m. from the mid-points of the end lines. The uprights supporting the backboards shall be at a distance of at least 40 cm. from the outer edge of the end lines in the out-of-bounds area (it is strongly recommended that whenever possible, this distance should be 1.00 m.) and shall be of a bright colour in contrast with the background in such a manner that they will be clearly visible to the players. In addition, they should be suitably padded to prevent injury.

9. Baskets. The baskets shall comprise the rings and the nets.

The rings shall be constructed from solid iron, 45 cm. in inside diameter, painted orange. The metal of the rings shall be 20 mm. in diameter with the possible addition of small gauge loops on the under edge, or similar device for attaching the nets. They should be rigidly attached to the backboards and should lie in a horizontal plane 3.05 m. above the floor, equidistant from the two vertical edges of the backboard. The nearest point of the inside edge of the rings shall be 15 cm. from the faces of the backboards.

The nets shall be of white cord suspended from the rings and constructed in such a way so that they check the ball momentarily as it passes through the basket. They shall be 40 cm. in length.

10. Ball—Material Size and Weight. The ball shall be spherical; it shall be made of a rubber bladder covered with a case of leather, rubber or synthetic material; it shall be not less than 75 cm. nor more than 78 cm. in circumference; it shall weigh not less than 600 g. nor more than 650 g.; and it shall be inflated to an air pressure such that when it is dropped on to a solid wooden floor from a height of about 1.80 m., measured to the bottom of the ball, it will rebound to a height, measured to the top of the ball, of not less than about 1.20 m. nor more than about 1.40 m.

The home team shall provide a new ball or two good used balls satisfactory to the Referee. If used balls are provided, the Referee shall choose the one with which the game shall be played, and the visiting team shall have it as their practice ball. If a new ball is provided neither team shall use it in practice. If the ball provided by the home team is unsatisfactory to the Referee, he is hereby given authority to order the game to be played with the visiting team's ball if the latter is in a better condition.

11. Technical Equipment. The following technical equipment shall be provided by the home team and shall be at the disposal of the Officials and their assistants :

(a) *The Game Watch and the Time-out Watch;* the time-

keeper shall be provided with at least two stop-watches, one of which shall be the game watch. It shall be placed on the table so that both the Timekeeper and the Scorer can see it.

(b) A suitable device, visible to players and spectators shall be provided for the administration of the *30-Second Rule*, and shall be operated by the 30-second Operator. (See also E.B.B.A. Modifications).

(c) The official *Score Sheet* shall be the one approved by the International Amateur Basketball Federation, and it shall be filled in by the Scorer before and during the game as provided for in these Rules.

(d) There shall be suitable equipment for *all signals* provided for in these Rules, including a *Score Board* visible to players and spectators.

(e) *Markers numbered 1 to 5* shall be at the disposal of the Scorer. Every time a player commits a foul, the Scorer shall raise in a manner visible to both coaches the marker with the number corresponding to the number of fouls committed by that player. The markers shall be white with black numbers from 1 to 4 and red for number 5.

RULE THREE — PLAYERS, SUBSTITUTES AND COACHES

12. Teams Each team shall consist of ten players, one of whom shall be the Captain, and of a Coach who may be seconded by an Assistant Coach (see also article 15). In tournaments where a team has to play more than five games the number of players in each team shall be increased to twelve.

Five players from each team shall be on the court during playing time (for exceptions see article 33) and may be substituted within the provisions contained in these Rules.

Each player shall be numbered on the front and back of his shirt with plain numbers of solid colour contrasting with the colour of the shirt, and made of material not less than 2 cm. wide. The numbers on the back shall be at least 20 cm. high and those in the front at least 10 cm. high. Teams shall use numbers from 4 to 15. (See also E.B.B.A. Modifications.)

Players on the same team shall not wear duplicate numbers.

13. **Player Leaving Court.** A player may not leave the playing court without permission of an Official during playing time.

14. **Captain—Duties and Powers.** The Captain shall be the representative of his team and shall control its play (see also article 89). The captain may address an Official on matters of interpretation or to obtain essential information when necessary if it is done in a courteous manner. No other player may address an Official except as provided in article 46.

Before leaving the playing court for any valid reason, the captain shall inform the Refree regarding the player who will replace him during his absence.

15. **Coaches.** Before the game is scheduled to begin the Coach shall furnish the Scorer with the names and numbers of players who are to play in the game, and with the name and number of the captain of the team. If a player changes his number during the game he shall report the change to the Scorer and Refree. Requests for charged time-outs shall be made by the Coach. When a Coach decides to request a substitution, he shall instruct the substitute to report to the Scorer. The player must be ready to play immediately (see articles 41 and 46, and Comments on the Rules sections 3 and 5).

If there is an Assistant Coach his name must be inscribed on the Score Sheet before the beginning of the game. He shall assume the responsibilities of the Coach if for any reason the Coach is unable to continue.

The team captain may act as Coach. If he must leave the playing court for any valid reason, he may continue to act as Coach. However, if he must leave following a disqualifying foul, or if he is unable to act as Coach because of severe injury, his substitute as captain shall also replace him as Coach.

RULE FOUR—OFFICIALS AND THEIR DUTIES

16. **Officials and their Assistants.** The Officials shall be a Refree and an Umpire, who shall be assisted by a Timekeeper, a Scorer and a 30-second Operator.

It cannot be too strongly emphasised that the Refree and the Umpire of a given game should not be connected in any way with either of the organisations represented on the court and that they should be thoroughly competent and impartial. The officials have no authority to agree to changes in the Rules. Officials shall wear a uniform consisting of basketball or tennis shoes, long trousers, shirt or pullover, grey in colour.

17. Duties and Powers of Refree. The Refree shall inspect and approve all equipment, including all the signals used by the Officials and their Assistants. He shall designate the official timepiece and recognise its operator. He shall not permit any player to wear objects which in his judgement, are dangerous to other players.

The Refree shall toss the ball at the centre to start the game. He shall decide whether a goal shall count if the Officials disagree. He shall have power to forfeit a game when conditions warrant. He shall decide matters upon which the Timekeeper and Scorer disagree. At the end of each half and of each extra period, or at any time he feels necessary, he shall carefully examine the Score Sheet and approve the score and confirm the time that remains to be played. His approval at the end of the game terminates the connection of the Officials with the game.

The Refree shall have power to make decisions on any point not specifically covered in the Rules.

18. Duties of Officials—Refree and Umpire. The Officials shall conduct the game in accordance with the Rules. This includes: putting the ball in play, determining when the ball becomes dead and killing it with the whistle when necessary or blowing the whistle to stop action after the ball has become dead, administering penalties, ordering timeout, beckoning substitutes to come on the court, handing (not tossing) ball to a player when such player is to make a throw-in from out-of-bounds whenever this is provided for in these Rules (see articles 67 and 80) and silently counting seconds to administer provisions contained in articles 31, 58, 59, 60, and 67.

Before the beginning of the game, the Officials shall agree upon a division of the playing court, to be covered by each of

them. After each foul or jump ball decision, the Officials shall exchange their positions.

The Officials shall blow their whistles and simultaneously give the signal to stop the clock (signal no. 2 or no. 11), followed by all the signals to make clear their decision. The Officials shall not whistle after a goal from the field or resulting from a free throw, but shall clearly indicate that a goal has been scored by using a conventional sign clearly visible to the Scorer's table.

If verbal communication is necessary to make a decision clear, this must be done in English, for all international games.

19. Time and Place for Decision. The Officials shall have power to make decisions for infractions of the rules committed either within or outside the boundary lines; also at any moment from the beginning of play to the calling of time at the end of the game. This includes the periods when the game may be momentarily stopped for any reason.

Neither Official shall have authority to set aside or question decisions made by the other within the limits of his respective duties as outlined in these Rules.

If the Officials make approximately simultaneous decision on the same play and the infractions involve different penalties, the more severe penalty shall be imposed. This does not prevent a double foul as defined in article 82.

20. Calling of Fouls. When a foul is committed, the Official shall indicate the offender signalling his number to the Scorer with his fingers. If it is a personal foul involving a free throw penalty, the Official shall signal this clearly by indicating the free throw line; he shall also indicate the player who is to attempt the free throws. At this point, the Officials shall exchange their positions as provided for in article 18. One of the Officials shall then administer the free throws or, if no free throw is involved, he shall hand the ball to the player who is to put it into play from the side line.

The Officials shall penalise unsportsmanlike conduct by any player, coach, substitute or team follower. If there is a flagrant case of such conduct, the Officials shall penalise by remo-

ving any offending player from the game and banishing any offending substitute, coach, attendant or follower.

21. Duties of Scorer. The Scorer shall keep a chronological running summary of the points scored; he shall record the field goals made and the free throws made or missed. He shall record the personal and technical fouls called on each player and shall notify the Referee immediately when the fifth foul is called on any player. He shall record the time-outs charged to each team, and shall notify a Coach through an Official when he has taken a second time-out in each half. He shall also indicate the number of fouls committed by each player by using the numbered markers as provided in article 11-e.

The Scorer shall keep a record of the names and numbers of players who are to start the game and of all substitutes who enter the game. When there is an infraction of the Rules pertaining to submission of line-up, substitutions or numbers of players, he shall notify the nearer Official as soon as possible when the infraction is discovered.

The sounding of the Scorer's signal does not stop the game. He should be careful to sound his signal only when the ball is dead and the game watch is stopped, and before the ball is again in play.

It is essential that the Scorer's signal be different from that of the Timekeeper and of the Officials.

22. Duties of Timekeeper. The Timekeeper shall note when each half is to start and shall notify the Referee more than three minutes before this time so that he may notify the teams, or cause them to be notified, at least three minutes before the half is to start. He shall signal the Scorer two minutes before starting time. He shall keep record of playing time and time of stoppage as provided in these Rules.

For a charged time-out the Timekeeper shall start a time-out watch and shall direct the Scorer to signal the Referee when it is time to resume play.

The Timekeeper shall indicate with a gong, pistol or bell the expiration of playing time in each half, or extra period. This signal terminates actual playing time in each period. If

the Timekeeper's signal fails to sound, or if it is not heard, the Timekeeper shall go on the court or use other means to notify the Refree immediately. If, in the meantime, a goal has been made or a foul has occurred, the Refree shall consult the Timekeeper and the Scorer. If they agree that the time was up before the ball was in the air on its way to the basket, or before the foul was committed, the Refree shall rule that the goal does not count or in case of a foul, that it shall be disregarded unless it is unsportsmanlike; but if they disagree, the goal shall count or the foul be penalised unless the Refree has knowledge that would alter this ruling.

23. Duties of 30-Second Operator. The 30-second Operator shall operate the 30-second device or watch (see article 11b) as provided in article 62 of these Rules. (See also E.B.B.A. Modifications.) The signal of the 30-second Operator causes the ball to become a dead ball.

RULE FIVE—PLAYING REGULATIONS

24. Playing Time. The game shall consist of two halves of 20 minutes each, with an interval of 10 minutes between halves.

NOTE: If local conditions warrant it, the organisers may increase this interval to 15 minutes. This decision must be made known to all concerned before the beginning of the game. In tournaments lasting several days, the decision must be taken and made known to all concerned, at the latest, at the end of the first playing day.

25. Beginning of Game. The game shall be started by the Referee who shall toss the ball up for a centre jump between two opponents in the centre circle; the same procedure shall be followed at the beginning of the second half and, eventually, of each extra period.

The visiting team shall have choice of baskets in the first half; on neutral courts, team shall toss for baskets. For the second half the teams shall change baskets.

The game cannot begin if one of the teams is not on the court with five players ready to play. If 15 minutes after the starting time the defaulting team is not present, the other team wins the game by forfeit.

26. Jump-Ball. A jump-ball takes place when the Official tosses the ball between two opposing players.

During a jump ball the two jumpers shall stand with their feet inside that half of the circle which is nearer to their own baskets, with one foot near the centre of the line that is between them. An Official shall then toss the ball upward (vertically) in a plane at right angles to the side lines between the jumpers, to a height greater than either of them can reach by jumping and so that it will drop between them. The ball must be tapped by one or both of the jumpers after it reaches its highest point. If it touches the floor without being tapped by at least one of the jumpers, the Official shall put the ball in play again in the same place.

Neither jumper shall tap the ball before its highest point, nor leave their positions until the ball has been tapped. Either jumper may tap the ball twice only. After the second tap by a jumper he shall not touch the ball again until it has touched one of the eight non-jumpers, the floor, the basket or the back-board. Under this provision four taps are possible, two by each jumper. When a jump-ball takes place the eight non-jumpers shall remain outside the circle (cylinder) until the ball has been tapped. Team mates may not occupy adjacent positions around the circle if an opponent desires one of the positions.

During a jump-ball the Officials shall see that the other players are in such positions that they do not interfere with the jumpers.

27. Violation During Jump-Ball. A player shall not violate provisions governing jump-ball. If, before the ball is tapped, a jumper leaves the jumping position or if a non-jumper enters the circle (cylinder), the officials are authorised to give the violation arm signal but to withhold the whistle, to give opportunity for the opposing jumper to tap the ball into the basket, or to tap it in such a way that one of his team mates is first to touch the ball. If either of these occurs, the violation is disregarded. If both teams violate the jumping rule, or if the Official makes a bad toss, the toss shall be repeated..

PENALTY: see article 65.

28. Goal—When Made and Its Value. A goal is made

when a live ball enters the basket from above and remains in or passes through.

A goal from the field counts 2 points; a goal from a free throw counts 1 point. A goal from the field counts for the team attacking the basket into which the ball is thrown.

If the ball accidentally enters the basket from below, it shall become dead and play shall be resumed by a jump ball at the nearest free throw line.

If, however, a player deliberately causes the ball to enter the basket from below, it is a violation and play shall be resumed by an opponent throwing the ball in from the side line at the point nearest to where the violation occurred.

29. **Interfere With the Ball in Offence.** An offensive player in the restricted area may not touch the ball when it is in its downward flight above the level of the ring, whether it is a try for goal or a pass. This restriction applies only until the ball touches the ring. An offensive player shall not touch his opponents' basket or backboard while the ball is on the ring during a try for goal.

PENALTY: *No point can be scored and the ball is awarded to opponents for a throw-in from out-of-bounds at a position on the side line nearest the point where the violation occurred (see article 65).*

30. **Interfere with the Ball in Defence.** A defensive player shall not touch the ball after it has started its downward flight during an opponent's throw for goal and while the ball is above the level of the ring. This restriction applies only to a throw (not a bat) and only until the ball touches the ring or until it is apparent it shall not touch it.

A defensive player shall not touch his own basket or backboard while the ball is on the ring during a try for goal, or touch the ball or basket while the ball is within such basket.

PENALTY : *The ball becomes dead when violation occurs. The thrower is awarded one point if during a free throw as in article 73 and two points if during a try for goal. Ball is awarded out-of-bounds from behind the end line as though the throw had been successful and there had been no violation.*

31. **Ball in Play After Goal.** After a goal from the field, any opponent of the team credited with the score shall put the ball in play from any point out-of-bounds at the end of the court where the goal was made. He may throw it from any point behind the end line, or he may pass it to a team mate behind the end line. Not more than 5 seconds may be consumed in getting the ball in play, the count starting the instant the ball is at the disposal of the first player out-of-bounds.

The Official should not handle the ball unless by so doing he can get the ball in play more quickly. Opponent's of the player who is to put the ball in play shall not touch the ball. Allowance may be made for touching the ball accidentally or instinctively but if a player delays the game by interfering with the ball, it is a technical foul.

After the last free throw, the ball shall be thrown in from out-of-bounds :

(a) by any opponent of the free thrower from behind the end line if the throw is successful or

(b) by any player of the free thrower's team from out-of-bounds at midcourt if the free throw is for a technical foul by Coach or substitute, whether or not the throw is successful (see article 78—penalty).

32. **Decision of Game.** A game shall be decided by the scoring of the greater number of points in the playing time.

33. **Game to be Forfeited.** Captains shall be notified three minutes before the termination of the interval between halves. If either team is not on the floor ready to play within one minute after the Referee calls play, either at the beginning of the second half or after time has been taken out for any reason, the ball shall be put in play in the same manner as if both teams were on the floor ready to play, and the absent team shall forfeit the game.

A team shall forfeit the game if it refuses to play after being instructed to do so by the Referee.

When during a game the number of players of a team on the court shall be less than two, the game shall end, and that team shall lose the game by forfeit.

If the team to which the game is forfeited is ahead, the score at the time of forfeiture shall stand. If this team is not ahead, the score shall be recorded as 2 to 0 in its favour.

34. Tie Score and Extra Periods. If the score is a tie at the expiration of the second half, play shall be continued for an *extra period* of 5 minutes or as many such periods of 5 minutes as may be necessary to break the tie. Before the first extra period the teams shall toss for baskets and shall change baskets at the beginning of each additional extra period. An interval of 2 minutes shall be allowed before each extra period. At the beginning of each extra period, the ball shall be put in play at the centre.

35. When Game is Terminated. The game shall terminate at the sounding of the Timekeeper's signal indicating the end of playing time.

When a foul is committed simultaneously with or just previous to the Timekeeper's signal ending a half or an extra period, time shall be allowed for the free throw or throws, if any are involved in the penalty.

RULE SIX—TIMING REGULATIONS

36. Game Watch Operations. The game watch shall be started when the ball after having reached its highest point on a toss at the beginning of a half or extra period, is tapped by the first player.

The game watch shall be stopped at the expiration of time for each period of play.

37. Ball goes into Play. The ball goes into play (is in play) when :

(a) the Official takes his position to administer a jump ball or

(b) the Official takes his position to administer a free throw (see article 72), or

(c) when in an out-of-bounds situation the ball is at the disposal of the player who is to throw it in.

38. Ball Becomes Alive. The ball becomes alive when :

(a) after having reached its highest point in a jump-ball it is tapped by the first player, or

(b) when the Official places it at the disposal of a free thrower (see article 72), or

(c) when on a throw in from out-of-bounds it touches a player in the court.

39. **Dead Ball.** The ball becomes dead when :

(a) any goal is made (see article 28),

(b) any violation occurs,

(c) a foul occurs while the ball is alive or in play,

(d) held ball occurs or the ball lodges on the basket support,

(e) it is apparent that the ball will not go into the basket; on a free throw for a technical foul by Coach or substitute, or a free throw which is to be followed by another throw,

(f) official's whistle is blown while the ball is alive or in play,

(g) the 30-second operator's signal is sounded while the ball is alive.

(h) time expires for a half or extra period.

Exceptions: The ball does not become dead at the time of the listed act and goal, if made, counts, if

(1) Ball is in flight on a free throw or a try for goal when (c), (f), (g) or (h) occurs, or

(2) an opponent fouls while the ball is still in possession of a player who is trying for a goal and who finished his try with a continuous motion which started before the foul occurred, or

(3) penalty for a jump-ball violation is ignored.

40. **Time-out.** Time-out occurs and the game watch shall be stopped when an Official signals

(a) a violation,

(b) a foul,

(c) a held ball,

(d) unusual delay in getting a dead ball into play,

(e) suspension of play for an injury, or for removal of a player, such removal being ordered by an Official,

(f) suspension of play for any reason, ordered by the Officials, or

(g) when the 30-second signal is sounded.

41. Charged Time-out. A coach has the right to request a charged time-out. He shall do so by going in person to the Scorer and asking clearly for a "time-out", making the proper conventional sign with his hands.

Electrical devices enabling Coaches, if they so wish, to request a time-out without leaving their places may be used. Such devices may not, under any circumstances, be used to request a player substitution.

The Scorer shall indicate to the Officials that a request for charged time-out has been made by sounding his signal as soon as the ball is dead and the game watch is stopped *but before the ball is again in play* (see article 37).

A time-out shall be charged to a team for each minute consumed under this provision. If the team responsible for the time-out is ready to play before the end of the charged time-out the Referee is hereby given authority to start the game immediately.

Exceptions: No time-out is charged if an injured player or disqualified player, or a player who has committed his fifth foul is replaced within one minute; or if the injured player is ready to play immediately; or if the Officials permit a delay.

A charged time-out shall not be granted from the moment the ball is in play for the first or only free throw until the ball becomes dead after being alive again after the free throw or throws.

42. Legal Charged Time-out. Two charged time-outs may be granted to each team during each half of playing time, and one charged time-out for each extra period.

Unused time-outs may not be carried over to the next half or extra period.

43. Time-out in Case of Injury. The Officials may order time-out in case of injury to players or for any other reason, although not for trifles. If the ball is in play when an injury occurs, the Officials shall withhold their whistles until the

play has been completed, that is, the team in possession of the ball has thrown for goal, lost possession of the ball, has withheld the ball from play, or the ball has become a dead ball.

When necessary to protect an injured player, the Officials may suspend play immediately.

If the injured player cannot continue to play, he shall be substituted within one minute, and his substitute must effect the free throws that may have been awarded to the injured player. If this occurs, the provisions contained in the last paragraph of article 46 (exception) shall not apply.

44. Time-in. After time has been out, the game watch shall be started :

(a) if play is resumed by a jump-ball, when the ball after reaching its highest point is tapped by the first player,

(b) if a free throw is not successful and ball is to continue in play, when the ball touches a player on the court,

(c) if play is resumed by a throw-in from out-of-bounds, when the ball touches a player on the court.

45. How Play is Resumed. After time-out or after the ball has become dead for any other reason, ball is put in play as follows :

(a) *If a team had control* of the ball, any player of that team shall throw it in from the point out-of-bounds on the side lines nearest the point where the ball became dead.

(b) *If neither team had control*, ball is put in play by a jump-ball at the circle nearest where the ball became dead.

(c) *After a foul*, ball is put in play by placing it at the disposal of the offended team (out-of-bounds on the side line) or the free thrower or by a jump-ball at the nearest circle (see also article 80—Penalty, b-1).

(d) *After a held ball*, or the ending of a half-period, or a field goal or an out-of-bounds, or the ending of a free throw, or a violation, ball is put in play as prescribed in the relevant Rule.

RULE SEVEN—PLAYERS' REGULATIONS

46. Substitutions. A substitute before going upon the

court shall report to the Scorer and must be ready to play immediately.

The Scorer shall sound his signal immediately if the ball is dead and the game watch stopped, or as soon as the ball becomes dead and the game watch is stopped, but before the ball is again in play (see article 37), as the consequence of one of the following situations :

- (a) a held ball has been called
- (b) a foul has been called,
- (c) a charged time-out has been granted,
- (d) game has been stopped to attend an injured player, or for any other reason, ordered by the Officials.

Following a violation, only the team who has possession of the ball for the throw-in from out-of-bounds may effect a substitution. If such a situation occurs, the opponents may also effect a substitution.

The substitute shall remain outside the boundary line until an Official beckons him to enter whereupon he shall report immediately to the nearer Official telling the Official his number and the number of the player he replaces. When a substitute enters at the beginning of the second half, he is not required to report to an Official but he must report to the Scorer.

Substitutions shall not take more than 20 seconds, regardless of the number of substitutions effected by one team. If more time is taken, it shall count as a time-out and shall be charged against the offending team. A player involved in a jump-ball may not be substituted by another player. (For exception see article 43.)

A substitution is not permitted from the moment the ball is in play for the first or only free throw until the ball becomes dead after being alive again after the free throw or throws.

Exception : After a successful free throw only the player who was attempting the free throw may be substituted, providing such substitution was requested before the ball went into play for the first or only free throw, in which case the oppo-

ents may be granted one substitution under the same conditions.

47. Location of Player and Official. The location of a player is determined by where he is touching the floor. When he is in the air from a leap, he retains the same status as when he last touched the floor as far as the boundary lines, the centre line, the free throw line or the lines delimiting the free throw lanes are concerned (except as provided in article 68-b).

The location of an Official is determined in the same manner as that of a player. When the ball touches an Official it is the same as touching the floor at the Official's location.

48. How Ball is Played. In Basketball the ball is played with the hands.

Kicking or striking it with the fist is a violation, For penalty see article 65.

Kicking the ball is a violation only when it is a positive act; accidentally striking the ball with the foot or leg is not a violation.

49. Control of the Ball. A player is in control of the ball when he is holding a live ball or dribbling it. A team is in control when a player of that team is in control of the ball and also while a live ball is being passed between team mates. Team control continues until an opponent secures control, or the ball becomes dead. During a try for goal, team controls ends when the ball is no longer in contact with the hand of the shooter.

50. Player Out-of-bounds—Ball Out-of-bounds. A player is out-of-bounds when he touches the floor on or outside of the boundary lines.

The ball is out-of-bounds when it touches a player who is out-of-bounds or any other person, the floor or any object on or outside a boundary line, or the supports or back of the backboard.

51. How Ball Goes Out-of-bounds. If the ball is out-of-bounds because of touching something other than a player, it is caused to go out by the last player to touch it before it goes

out. If it is out-of-bounds because of touching a player (on or outside boundary), such a player causes it to go out.

A Official shall clearly indicate the team which shall put the ball in play from out-of-bounds. Out-of-bounds decisions should be clearly signalled by the Officials. If there is doubt about players understanding the decision, the Official should secure the ball and delay the throw-in until the decision has been made clear. (See also article 56.)

To cause the ball to go out-of-bounds is a violation. For Penalty see article 65.

Officials should declare jump-ball when they are in doubt as to which team caused the ball to go out-of-bounds.

52. **Pivot.** A pivot takes place when a player who is holding the ball steps once or more than once in any direction with the same foot, the other foot called the pivot foot, being kept at its points of contact with the floor.

53. **Dribbling.** A dribble is made when a player, having gained control of the ball, gives impetus to it by throwing, batting, bouncing or rolling it and touches it again before it touches another player. In a dribble the ball must come in contact with the floor, except that one air dribble may be made, that is, a player may begin a dribble by tossing the ball into the air, and may touch it again before it strikes the floor. After giving impetus to the ball as described in the foregoing, the player completes his dribble the instant he touches the ball simultaneously with both hands, or permits the ball to come to rest in one or both hands. There is no limit to the number of steps a player may take when the ball is not in contact with his hand, he may take as many steps as he wishes between bounces of a dribble.

Exception: The following are not dribbles. Successive tries for goal, fumbles, attempts to gain control of the ball by tapping it from the vicinity of other players striving for it, or by batting it from the control of another player, or by blocking a pass and recovering the ball.

A player shall not make a second dribble after having completed a dribble, unless the ball, when it is out of his control,

has touched another player, or the opponents' basket or back-board, or has been batted out of his control by an opponent.

To make a second dribble is a violation. For Penalty, See article 65.

54. **Progressing with the Ball.** A player may progress with the ball in any direction within the following limits :

ITEM I—A player who receives the ball while standing still may pivot, using either foot as the pivot foot.

ITEM II—A player who receives the ball while he is progressing or upon completion of a dribble may use a *two-count rhythm* in coming to a stop or in getting rid of the ball.

The first count occurs :

(a) as he receives the ball if either foot is touching the floor at the time he receives it, or

(b) as either foot touches the floor or as both feet touch the floor simultaneously after he receives the ball if both feet are off the floor when he receives it.

The second count occurs when, after the count of one, either foot touches the floor or both feet touch the floor simultaneously.

When a player *comes to a legal stop*, if one foot is in advance of the other he may pivot but the rear foot only may be used as the pivot foot. However, if neither foot is in advance of the other, he may use either foot as the pivot foot.

ITEM III—A player who receives the ball while standing still or who comes to a legal stop while holding the ball,

(a) *may lift the pivot foot or jump* when he throws for goal or passes, but the ball must leave his hands before one or both feet again touch the floor,

(b) *may not lift the pivot foot*, in starting a dribble, before the ball leaves his hands.

To progress with the ball in excess of these limits is a violation. For penalty see article 65.

55. **Held ball.** Held ball shall be declared when two or more players of opposing teams have one or both hands firmly on the ball.

Officials should not declare held ball too quickly, thereby interrupting the continuity of the game, and unjustly taking the ball from the player who gained or is about to gain possession. Under the first clause of this article held ball should not be called until at least one player from each team has one or both hands firmly on the ball so that neither player could gain possession without undue roughness.

A held ball decision is not warranted merely on the grounds that the defensive player gets his hands on the ball. Usually such a decision is unfair to the player who has firm possession of the ball.

If a player is lying or sitting on the floor while in possession of the ball, he should have opportunity to play it, but held ball should be called if there is danger of injury.

When held ball is called the ball shall be tossed up between the two contending players at the nearest circle. In case of doubt as to which is the nearest circle, the ball shall be tossed up at the centre. If there are more than two players involved, the ball shall be tossed up between two contending players of approximately the same height.

56. Jump-ball in Special Situations. If the ball goes out-of-bounds and was last touched simultaneously by two opponents, or if the Official is in doubt as to who last touched the ball, or if the Officials disagree, play shall be resumed by a jump-ball between the two involved players at the nearest circle.

Whenever the ball lodges on the basket supports, it shall be put in play by a jump-ball between any two opponents on the nearer free throw line, except when such a situation arises during the free throw following a technical foul by Coach or substitute (See article 78), in which case the ball shall be put in play in the prescribed manner.

57. Player in the Act of Throwing for Goal. A player is in the act of throwing for goal when he has the ball and in the judgement of the Official, is throwing, or is attempting to throw, for goal.

Moreover the act of shooting continues after the ball has left the player's hands until he regains his equilibrium and is

no longer in a defenseless position. On a jump-ball neither player has possession of the ball at the instant it is tapped, and therefore neither can be considered in the act of shooting, even though one player may tap the ball towards or into the basket.

58. Three-Seconds Rule. A player shall not remain for more than three seconds in that part of the opponents' restricted area, between the end line and the farther edge of the free throw line, while the ball is in control of his team. The 3-seconds restriction is in force in all out-of-bounds situations, and the count shall start at the moment the player throwing-in is out-of-bounds and has possession of the ball.

The lines bounding the restricted area are part of it and a player touching one of these lines is in the area. The 3-seconds restriction does not apply while the ball is in the air on a try for goal, or while it is rebounding from the backboard, or is dead, because the ball is not in control of either team at such times. Allowance may be made for a player who, having been in the restricted area for less than 3 seconds, dribbles in to throw for goal.

An infraction of this rule is a violation. For penalty, see article 65.

59. Five-Seconds Rule. Held ball shall be called when a closely guarded player who is holding the ball does not pass, shoot, bat, roll or dribble the ball within five seconds.

60. Ten-Seconds Rule. When a team gains control of the ball in its back court it must, within ten seconds cause the ball to go into its front court.

The ball goes into a team's front court when it touches the court beyond the centre line or touches a player of that team who has part of his body in contact with the court beyond the centre line.

An infraction of this Rule is a violation. For penalty, see article 65.

61. Ball Returned to Back Court. A player in his front court may not cause the ball to go into his back court. It is caused to go into the back court by the last player to touch it before it goes into the back court. This restriction applies to

all situations occurring in a team's front court, including a throw-in from out-of-bounds, rebounds and interceptions. It does not apply, however, to jump-ball situations at the centre circle or to the situation described in article 78 (Penalty) and in article 89.

A player in his front court who gains control of the ball directly from a jump-ball at the centre circle, may pass the ball into his back court.

The ball goes into a team's back court when it touches a player of that team who has part of his body in contact with the centre line or with the court beyond the centre line, or is touched by a player of that team after it has touched the back court.

PENALTY. *The ball is awarded to an opponent for a throw-in from the mid-point of a side line and he shall be entitled to pass the ball to a player at any point on the playing court.*

62. Thirty-Second Rule. When a team gains control of the ball on the court a try for goal must be made within 30 seconds.

Failure to do so is a violation of this rule. For penalty see article 65.

If the ball goes out-of-bounds during the 30-seconds period, and the ball is awarded to the same team, a new 30-seconds period shall begin. The mere touching of the ball by an opponent does not start a new 30-seconds period if the same team remains in control of the ball.

If a player deliberately throws or bats the ball into an opponent, causing it to go out-of-bounds, the ball shall be awarded to the opponents, even though it was last touched by that team. This provision is made to prevent a team from illegally obtaining a new 30-seconds period.

All regulations concerning the end of playing time shall apply to violations of the 30-second Rule.

RULE EIGHT—INFRINGEMENTS AND PENALTIES

63. Violations and Fouls. A violation is an infraction of the Rules, the penalty for which is the loss of the ball.

When an infraction involves a personal contact with an opponent or unsportsmanlike conduct, *the violation becomes a foul* which will be inscribed against the offender and the consequence of which is a penalty administered according to the provisions contained in the relevant article of these Rules.

64. **Ball in Play after Violation or Foul.** After the ball has become dead following an infraction of the Rules, the ball is put in play:

- (a) by a throw-in from out-of-bounds, or
- (b) by a jump-ball at one of the circles, or
- (c) by one or more free throws.

65. **Procedure when a Violation is Called.** When a violation is called the ball becomes dead. The ball is awarded to a nearby opponent for a throw-in from the side line at the point nearest that where the violation occurred. If the ball goes into a basket during the dead ball which follows such a violation, no point can be scored.

66. **Procedure when Foul is Called.** When a player foul is called the Official shall signal to the Scorer the number of the offender. The player thus indicated shall turn to face the Scorer's Table, and shall immediately raise his hand above his head. For failure to do so, after having been warned once by the Official, a technical foul may be called against the offending player.

If the foul was committed on a player who was not in the act of shooting; the Official shall hand the ball to him or to one of his team mates for a throw-in from the side line at a spot nearest the place of the foul.

If the foul was committed on a player in the act of shooting :

- (a) if the goal is made it shall count, and, in addition, one free throw shall be awarded.
- (b) if the goal is missed, the Official shall take the ball to the free throw line and shall put it at the disposal of the free-thrower unless play is to be resumed by a jumpball, as in the case of a double foul.

67. **How Ball is Put in Play from Out-of-Bounds.** The

player who is to put the ball in play from out-of-bounds shall stand out-of bounds at the side line at a spot nearest the point where the ball left the court. Within 5 seconds from the time the ball is at his disposal, he shall throw, bounce or roll the ball to another player within the court. While the ball is being passed into the court no other player shall have any part of his body over the boundary line. When the margin of out-of bounds territory free from obstruction is less than 1 m., no player of either team shall be within 1 m. of the player who is putting the ball in play.

Whenever the ball is awarded to a team out-of-bounds at the side line in its front court, an Official must hand the ball to the player who is to put it in play. The purpose of this is to make the decision clear, and not to delay the game until the defensive team gets "set".

Whenever the ball is awarded to a team out-of-bounds at the side line in its back court, the Official, if there is confusion as to the decision, shall hand the ball to the thrower-in at the side-line closest to the violator.

68. Violation on Out-of-Bounds Play. A player shall not violate provisions governing putting the ball in play from out-of bounds. These provisions:

(a) forbid a player who has been awarded the ball to carry it into the court, to touch it in the court before it has touched another player, or to consume more than 5 seconds in putting the ball in play.

(b) forbid any other player to have any part of his person over the boundary line before the ball has been thrown across the line or to put the ball in play after the Official has awarded it to the other team.

PENALTY

(1) If infraction is of (a), see article 65.

(2) If infraction is of (b), see article 77, penalty.

69. How ball is put in Play with Jump-ball. Whenever the ball must be put in play with a jump-ball, this will be done in the manner described in article 26.

70. Free Throws. A free throw is a privilege given a player to score one point by an unhindered throw for goal from

a position directly behind the free throw line (see article 72).

71. Player to Attempt Free Throw. *When a personal foul is called*, and a free throw penalty is awarded, the player upon whom the foul was committed shall be designated by the Official to attempt the free throws. If any other player attempts the throw, it shall not count if made, and whether made or missed, the ball shall be awarded to an opponent out-of-bounds at the side line opposite the free throw line.

Should a player, by mistake, execute a free throw into his own basket, the try shall be annulled, whether successful or not, and a new try shall be granted at the right basket.

If the designated player must leave the game because of injury, his substitute must attempt the free throws. If the player who has been fouled is to leave the game because of a substitution, he shall attempt the free throws before leaving (see article 46). When there is no substitute available the free throws may be attempted by the captain or by any player designated by him.

When a technical foul is called, the free throw or throws may be attempted by any player of the opposing team.

72. How a Free Throw is Attempted. The throw for goal shall be made within 5 seconds after the ball has been placed at the disposal of the free thrower at the free throw line. This shall apply to each free throw.

The player who is to attempt the free throws shall take a position immediately behind the free throw line, and shall be free to use any system in throwing the ball but he shall not touch the free throw line or the court beyond the line until the ball touches the ring.

Players may not attempt to disconcert the thrower by their action. Neither Official shall stand in the free throw area (restricted area) or behind the backboard.

When a player is attempting a free throw, the other players shall be entitled to take the following position:

(a) two players from the opposing team, the two places nearer the basket,

(b) the other players shall take alternate positions,

(c) all other players may take any other position, provided that:

- (i) they neither disturb nor are in the way of the free thrower and of the Officials,
- (ii) they do not move from their positions before the ball has touched the ring,
- (iii) they do not occupy the places along the free throw lane next to the end line.

On free throws following technical fouls by Coach or substitutes, players shall not line up along the free throw lane (see article 78—penalty).

73. Violation of Free Throw Provisions. After the ball has been placed at the disposal of the free thrower:

(a) he shall throw within 5 seconds and in such a way that the ball enters the basket or touches the ring before it is touched by a player,

(b) neither he nor any other player shall touch the ball or basket while the ball is on its way to the basket or is on or within the basket,

(c) he shall not touch the floor on or across the free throw line and no other player of either team shall touch the free throw lane or disconcert the thrower. This restriction applies until the ball touches the ring or until it is apparent it will not touch it.

PENALTY

- (1) If the violation is by the free thrower only, no point can be scored. Ball becomes dead when violation occurs. Ball is awarded out-of-bounds on the side line, to the free thrower's team opposite centre circle after a technical foul by Coach or substitute, and to the free thrower's opponents opposite the free throw line after a player foul.
- (2) If violation of (b) is of by a team mate of the free thrower, no point can be scored and violation shall be penalised as above: If violation of (b) is by both teams no point can be scored and play shall be resumed by a jump-ball on the free throw line. If violation of (b) is by the free thrower's opponents only violation is penalised as indicated in article 30, penalty.
- (3) If violation of (c) is by a team mate of the free thrower and the free throw is successful, the goal shall count and

violation be disregarded. If the free throw is not successful, violation shall be penalised as above. However, if the ball misses the ring and goes out-of-bounds or falls within bounds, it shall be put in play by the opponents from the side line opposite the free throw line.

- (4) *If the violation of (c) is by the free thrower's opponents only, if the throw is successful, the goal counts and violation is disregarded; if it is not successful, a substitute throw shall be attempted by the same thrower under conditions the same as for the original throw. In these cases, ball is not dead until the throw ends.*
- (5) *If there is a violation of (c) by both teams and the free throw is successful, the goal shall count and violation be disregarded. If the free throw is not successful play shall be resumed by a jump-ball on the free throw line.*

If there is a multiple throw, the out-of-bounds and jump-ball provisions apply only to a violation during the last free throw.

74. Technical Foul During Intervals of Play. When a foul is called during the half-time interval or during an interval before an extra period, play shall be resumed by a jump-ball at centre after the throws have been attempted.

75. Ball in Play if Free Throw is Missed If the goal is missed, the ball shall continue in play after the last free throw following a player foul. If the ball misses the ring, it is a violation (see article 73, Penalty 1) and the ball is put in play from the side line at the point opposite the free throw line by the opposing team.

In case of a free throw following a technical foul by Coach or substitute, see article 31-b.

RULE NINE—RULES OF CONDUCT

A. RELATIONSHIPS

76. Definition. The proper conduct of the game demands the full and loyal co-operation of members of both teams, including Coaches and substitutes, with the Officials and their assistants.

Both teams are entitled to do their best to secure victory, but this must be done in a spirit of sportsmanship and fair-play.

An infringement of this co-operation or of this spirit, when deliberate or repeated, should be considered as a *Technical Foul* and penalised as provided in the following articles of these Rules.

77 Technical Foul by Player. A player shall not disregard admonitions by Officials or use unsportsman like tactics, such as:

- (a) disrespectfully addressing or contacting an Official,
- (b) using language or gestures likely to give offence,
- (c) baiting an opponent or obstructing his vision by waving hands near his eyes,
- (d) delaying the game by preventing the ball from being promptly put in play,
- (e) not raising his hand properly when a foul is called on him (see 66),
- (f) changing his playing number without reporting to Scorer and to Referee,
- (g) enter the court as a substitute without reporting to Scorer, or without reporting promptly to an Official (unless between halves), or during a time-out after having withdrawn during the same time-out,
- (h) grasping the ring; a player who violates this provision must be promptly penalised by a technical foul awarded against him

Technical infractions which are obviously unintentional and have no effect on the game, or are of an administrative character, are not considered technical fouls unless there is repetition of the same infraction after a warning by an Official to the offending player and to his captain.

Technical infractions which are deliberate or are unsportsmanlike or give the offender an unfair advantage, should be penalised promptly with a technical foul.

PENALTY: A foul shall be charged and recorded for each offence and two free-throws awarded the opponents for each foul and the captain shall

designate the thrower. For flagrant or persistent infraction of this article, a player shall be disqualified and removed from the game.

If discovery of foul is after ball is in play following the foul, penalty should be administered as if foul had occurred at the time of discovery. Whatever occurred in the interval between the foul and its discovery shall be valid.

78. Technical Foul by Coach or Substitute. The Coach, Assistant Coach or substitutes shall not enter the court unless by permission of an Official to attend an injured player, nor leave his place to follow the action in the court from the boundary lines, nor disrespectfully address Officials (including Scorer, Timekeeper and 30-second Operator), or opponents.

A Coach may address players of his team during a charged time-out provided he does not enter playing court and players do not cross boundary line (unless permission is first obtained from an Official). Substitutes may also listen in provided they do not enter the playing court.

The distinction between unintentional and deliberate infractions (see article 77) applies also to infractions committed by Coaches, Assistant Coaches and substitutes.

PENALTY: A foul shall be charged and inscribed against the Coach and one free throw awarded for each offence, and the opposing captain shall designate the thrower. During the free throw players shall not line up along the free throw lanes. After the throw, the ball shall be put in play by any player of the free thrower's team from out-of-bounds at mid-court on the side line, whether or not the throw is successful. For flagrant or persistent infraction of this article, a Coach may be banished from the vicinity of the court. He shall be replaced by the Assistant Coach or by the Captain.

Technical fouls may be called during intervals or play (see article 74). If called against the Coach or the Assistant Coach, the penalty shall be two free throws. If called against a player or a substitute, a technical foul shall be charged and inscribed against him and two free throws awarded to the opponents.

B. PERSONAL CONTACTS

79. Personal Contact. Although Basketball is theoretically a "no-contact game", it is obvious that personal contact cannot be avoided entirely when ten players are moving with great rapidity over a limited space. For instance, the ball is free; two opponents start quickly for the ball and collide. The personal contact may be serious, yet, if both were in favour-

able positions from which to get the ball and were intend only upon getting it, an unavoidable accident, and not a foul, occurs. On the other hand, if one player is about to catch the ball and an opponent behind him jumping in an attempt to get the ball, strikes him in the back, the opponent commits a foul even though he is "playing the ball". In this case, as in "guarding from the rear" the player behind is usually responsible for the contact because of his unfavourable position related to the ball and to his opponent. In short, if personal contact results from a 'bona fide' attempt to play the ball, if the players are in such positions that they could reasonably expect to gain the ball without contact and if they use due care to avoid contact, such contact, may be classified as accidental and need not be penalised.

80. Personal Fouls. A personal foul is a player foul which involves contact with an opponent.

Blocking is personal contact which impedes the progress of an opponent who is not in possession of the ball (see comments on blocking, following the Rules).

Holding is personal contact with an opponent that interferes with his freedom of movement.

Guarding from the rear which results in personal contact is a personal foul. Officials should give special attention to this type of infraction. The mere fact that the defensive player is attempting to play the ball does not justify him in making contact with the player in possession of the ball. If the defensive player causes personal contact in an attempt to get at the ball from an unfavourable position, he should be penalised.

A player shall not hold, push, charge, trip, impede the progress of an opponent by extending his arm, shoulder, hip or knee or by bending his body into other than normal position, nor use any rough tactics. He shall not contact an opponent with his hand unless such contact is only with the opponent's hand while it is on the ball and is incidental to an attempt to play the ball, except when the other player is in the act of shooting. Contact caused by a defensive player approaching the ball holder from behind is a form of pushing and that caused by the momentum of a player who has thrown for goal, is a form of charging.

A dribbler shall not charge into or contact an opponent in his path, nor attempt a dribble between two opponents or between an opponent and a boundary line, unless the space is such as to provide a reasonable chance for him to go through without contact. If a dribbler without causing contact, passes an opponent sufficiently to have head and shoulders in advance of him, the greater responsibility for subsequent contact is on the opponent. If a dribbler has established a straight line path, he may not be crowded out of that path but, if an opponent is able to establish a legal defensive position in that path, the dribbler must avoid contact by changing direction or ending the dribble.

A player who screens (attempts to prevent an opponent from reaching a desired position) and who makes little effort to play the ball has the greater responsibility if contact occurs:

- (a) *if he takes a position so near an opponent that pushing or changing occurs when normal movements are made by him, or*
- (b) *if he takes a position so quickly in a moving opponent's path that pushing or charging cannot be avoided.*

PENALTY : *A personal foul shall be charged to the offender in all cases.*

In addition—

- (a) *If a foul is committed on a player who is not in the act of shooting, the ball shall be put in play by the non-offending team from out-of-bounds on the side line nearest the place of the foul.*

As soon as the foul is called, the Official shall signal the Scorer the number of the offender and shall then hand the ball to the opponents for a throw-in from the side line (for exception, see article 92, and also articles 89 and 93).

- (b) *If a foul is committed on a player who is in the act of shooting,*

(1) if the goal is made, it shall count and, in addition, one free throw shall be awarded,

(2) if the goal is missed, two free throws shall be awarded. (see articles 88 and 89).

As soon as the foul is called, the Official shall signal the Scorer the number of the offender and shall then place the ball at the disposal of the free thrower (see also article 89).

81. Intentional Foul. An intentional foul is a personal foul committed deliberately by a player, and of a gravity situated

between that of a normal personal foul and that of a disqualifying foul.

A player who deliberately disregards the ball and causes personal contact with an opponent who controls the ball commits an intentional foul. This is generally true also of fouls committed on a player who does not have the ball. A player who *controls the ball* may also commit an intentional foul if he deliberately contacts an opponent. A player who repeatedly commits intentional fouls may be disqualified.

PENALTY: *A personal foul shall be charged to the offender and in addition two free throws are awarded. If the foul is committed on a shooter who scores, the basket shall count and, in addition, one free throw shall be awarded (see also articles 66, 80 and 88).*

82. Double Foul. A double foul is a situation in which two opponents commit fouls against each other at approximately the game time.

In case of a double foul, no free throw shall be awarded but a personal foul shall be charged against each offending player.

The ball shall be put in play at the nearest circle by a jump-ball between the two players involved, unless a valid basket is scored at the same time, in which case the ball shall be put into play from the end line.

83. Multiple Foul. A multiple foul is a situation in which two or more team mates commit personal fouls against the same opponent at approximately the same time.

When two or more personal fouls are committed against a player by opponents, one foul shall be charged to each offending player, and the offended player shall be awarded two free throws, irrespective of the number of fouls (see article 88).

If the fouls are committed on a player in the act of shooting, the goal if made shall count, and, in addition, one free throw shall be awarded.

84. The Act of Throwing for Goal. Whenever a foul is called on the opponent of a player who, as part of a continuous motion which started before the foul occurred, succeeds in making a field goal, the goal shall count even if the ball leaves the

player's hands after the whistle blows, provided the whistle did not affect the game. The player must be throwing for goal or starting an effort to throw for goal when the whistle blows; the goal does not count if he makes an entirely new effort after the whistle blows.

C. GENERAL PROVISIONS

85. Basic Principle. Each Official has power to call fouls independently from the other, and this at any time during the Game, whether the ball is alive or dead.

Fouls committed during the dead ball that follows a foul are considered as being committed at the time the ball became dead because of the first foul.

Any number of fouls may therefore be called at the same time against one or both teams. Irrespective of the penalty, a foul shall be inscribed on the score sheet against the offenders for each foul.

86. Double and Multiple Foul. When a double foul and another foul are committed at the same time, the double foul shall be dealt with as in article 82, and the other foul dealt with according to the respective Rule above. Play shall be resumed, after the fouls have been charged and the eventual penalty administered as though the double foul had not occurred.

87. Fouls in Special Situations. Situations other than those foreseen in these Rules may occur when fouls are committed at approximately the same time or during the dead ball that follows a foul, a double foul or a multiple foul.

As a general direction to Officials, the following principles may be applied in such situations :

(a) a foul shall be charged for each offence;

(b) fouls that involve penalties of about the same gravity against both teams shall not be penalised by awarding free throws, and the ball shall be put in play by a jump-ball at the nearest circle or, in case of doubt, at the centre;

(c) penalties that are not compensated by similar penalties against the other team shall be maintained but under no cir-

cumstances shall a team be awarded more than two free throws (see also article 88) and possession of the ball.

88. Three-for-Two Rule. Whenever two free throws are awarded to a player who was fouled while in the act of shooting, if either or both these throws are unsuccessful, one additional free throw shall be awarded. However, if the throw or throws were not successful because of a violation by the thrower (see article 73 (a), (b) and (c)) or a team mate (see article 73 (b)) this additional free throw shall not be awarded.

89. Right of Option. A team that has been awarded two free throws (see also article 88) shall have the option of either attempting the throws or of putting the ball in play from out-of-bounds at the *mid-point of a side line*.

The decision shall rest with the Captain of the team, who shall take the initiative to indicate immediately and clearly to the Official in charge that the ball is to be put in play from the side line. A delay by the Captain in using the right of option shall forfeit this right and the two free throws shall be attempted.

The player who is to put the ball in play from out-of-bounds shall be entitled to pass the ball to a player at any point on the playing court.

The right of option shall not apply if a team has been awarded one or two free throws *and possession of the ball* (see articles 78 and 87-c).

90. Disqualifying Foul. Any flagrantly unsportsmanlike infraction of articles 77 and 80 is a disqualifying foul. A player who commits such a foul must be disqualified and removed immediately from the game.

91. Five Fouls by Player. A player who has committed five fouls either personal or technical must automatically leave the game.

92. Ten Fouls by Team. After a team has committed ten player fouls, personal or technical, in a half (extra) periods are considered to be part of the second half) all subsequent player fouls shall be penalised by two free throws (for excep-

tion see article 80, Penalty (b), and article 88 and also article 93).

93. Foul by Player Whilst His Team is in Control of the Ball. A foul committed by a player whilst his team is in control of ball shall be penalised by recording the foul against the offender and awarding the ball to an opponent at the nearest point out of bounds at a sideline (for exceptions, see Article 77 and 81).

For definition of team in control of the ball, see Article 49.

END OF THE RULES

THE RULES—MODIFICATIONS

The English Basket Ball Association has approved the following modifications:

Boundary Lines (article 3)

On non-regulation courts, where a fine line is drawn in the court 1 m. from the boundary line, this line will be in effect the true boundary line for the purpose of administering out-of-bounds awards as far as players other than the thrower-in are concerned.

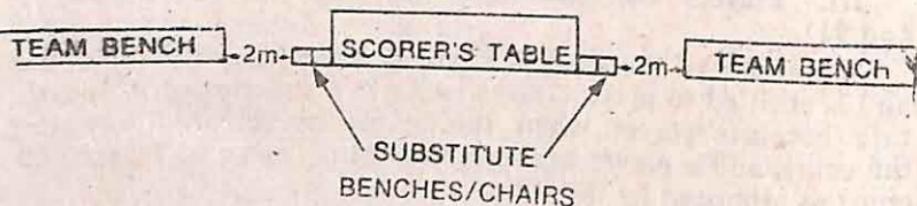
30 Seconds Rule (article 62)

When no 30 seconds operator is available, the following technique should be adopted:

It will be normally the duty of the trailing official to watch for violations of this rule. When in his opinion a team has had possession of the ball for 20 seconds he will call "twenty seconds". He should then count to himself "one thousand and one, one thousand and two, one thousand and three, one thousand and four", then aloud for all players to hear, "five, four, three, two, one". If within another second the team in possession have not attempted a shot at the basket, he should blow the whistle and administer as under article 62.

Numerals (article 12)

In all matches played in England except those against Foreign Teams, whether at Club or National level, players may be



NOTE: The benches/chairs for substitutes should be placed so that the table officials can clearly see the court and the substitutes who are waiting to go on to the court.

PROCEDURE. The coach should send the substitute—who must be ready to play—to the scorer. After reporting to the scorer, the substitute must sit on the seat provided (see diagrams above) until the scorer sounds his signal. He should then stand up and indicate to the nearer floor official that he wishes to enter the court. He should not enter the court until beckoned to do so by an Official (see article 46). If substitution is required during a charged time-out, the substitute must report to the scorer and the nearer floor Official before entering the court.

VI. Choice of Baskets and Team Benches (article 25)

The decision by the visiting team or the toss for baskets shall take place at least twenty minutes before the game is scheduled to begin in the presence of the referee and the captain or coach of each team.

(a) The visiting team, or on neutral courts, the team winning the toss shall have the choice of baskets and team benches.

(b) Before each half and each extra period, teams are entitled to practice in that half of the court in which their opponent's basket is situated.

VII. Team Bench

During the game the only persons permitted to sit on a team bench are the coach, the assistant-coach, the substitutes and a maximum of five team followers with special responsibilities, e.g. Manager, Doctor, Masseur, Statistician, Interpreter.

To be a team follower is a privilege, and this involves a res-

ponsibility. This is why a team follower's behaviour comes under the jurisdiction of the Officials. No other person may sit within two metres of a team bench.

The referee may, where conditions warrant it:

(a) reduce the number of team followers that can sit on the bench.

(b) permit the assistant coach or one of the accredited team followers to sit as a representative of his team at or near the scorer's table. However, if his behaviour interferes with the work of the table officials, the referee may have him removed from that place.

VIII. Communication with the Table Officials by the Coach

The coach is the only representative of the team that may communicate with the table officials during the game. He may do so whenever it is necessary to seek information and his contact with the table officials must, at all times, be calm and courteous.

IX. Time-out in Case of Injury to Officials

In case of injury to an Official, the other Official shall apply the same provisions as those indicated in case of injury to a player (article 43). If the injured Official cannot continue to fulfil his duties within 10 minutes of the incident, play shall be resumed and the other Official will officiate alone until the end of the game, unless the particular regulations of the competition have provisions that permit the replacement of the injured Official.

X. Progressing with the Ball (article 54, Item II)

A player who has come to a *stop* at the first count of the two count rhythm, is not entitled to a new movement within the second count.

XI. Charged Time-out (article 41)

The following points, related to the administration of charged time-outs, are brought to the attention of Coaches and Scorers:

(a) A team's request for a charged time-out may be withdrawn only before the Scorer signals the Officials that a request for a charge times-out has been made.

(b) The Scorer shall withhold his signal to request a charged time-out when the Official is about to toss the ball for a jump-ball or is about to hand the ball to a free thrower.

(c) If the two Coaches request charge time-out at about the same time, the time-out will be charged to the Coach who was first.

XII. Player to Attempt Free Throw (article 71)

If a player, other than the one on whom the foul was committed, attempts the free throws, no points can be scored, and the Official, upon discovery of the substitution, shall award the ball to the opponents for a throw-in from out-of-bounds at side line opposite the free throw line.

However, if discovery of substitution occurs after the ball is again alive and in play following the last free throw, the whole matter will be disregarded, and the points scored shall be valid.

XIII. Technical Foul and Personal Foul (article 77 to 80)

All player fouls which involve contact with an opponent are *personal fouls*, even when committed during a dead ball or when time was out. On the contrary, all fouls committed by substitutes, and all player fouls which do not involve contact with an opponent, are *technical fouls*.

XIV. Technical Foul (article 77 and 78)

An Official may prevent technical fouls by warning players when they are about to make some minor infraction, such as inadvertently stepping off the court during a time-out or failing to report to the Scorer or to an Official when entering the game as a substitute. It is good judgment for him to fore-stall and in some cases overlook minor technical infractions which are obviously unintentional and have no effect on the game. On the other hand, technical fouls which are deliberate, or unsportsmanlike or give the offender an unfair advantage should be penalised promptly.

XV. Disqualifying Foul (article 90)

A disqualifying foul must always involve the penalty of an intentional foul (personal or technical). The foul must be

inscribed on the Score Sheet and two free throws awarded to the opponents.

XVI. Basic Principles Governing Personal Contact (article 79)

Many decisions related to personal contact must be the result of a judgment which must be exercised with the following basic principles in mind:

- (a) It is the duty of each player to avoid contact in any possible way,
- (b) Any player is entitled to a normal floor position not occupied by an opponent, provided he does not cause personal contact in taking such position,
- (c) If a contact foul occurs, the foul is caused by the player responsible for the contact.

The following criteria may be used in determining responsibility for personal contact:

If a player B takes a position

- (a) behind and so close to a stationary opponent A, that a contact foul occurs when A makes normal body movements, then B is primarily responsible for the foul, or
- (b) at the side or in front of stationary opponent A, without contact, then A is primarily responsible for any contact foul caused by A's subsequent movements, or
- (c) In the path of a moving opponent A, who does not have the ball, so quickly that A cannot stop or change direction in time to avoid contact, then B is primarily responsible if contact occurs.

In case of doubt the greater responsibility is on B.

If a player B establishes a legal guarding position in the path of a dribbler, A, and a contact foul occurs, A has the greater responsibility.

If a player B tries to reach the ball from a position at the rear or side of A, when the latter is in control of it, or if B attempts to reach an uncontrolled ball when A is in a more favourable position, then B has the greater responsibility if a contact foul occurs.

XVII. Blocking (article 80)

A player is entitled to take any position on the court not occupied by another player, provided that:

(a) this position is not so close to an opponent (less than approximately 90 cm.) that contact ensues when the opponents makes normal bodily movements, or

(b) this position is not taken in the path of a moving opponent so quickly that the latter cannot avoid contact.

In the foregoing cases, the player who takes the position described is responsible if contact ensues, unless other factors are involved.

A player who is attempting to screen is blocking if contact occurs when he is moving and if his opponent is stationary or retreating from him. In other cases of contact resulting from an attempt to screen when both players are in motion, either or both may have committed a foul, but in case of doubt, the greater responsibility is on the player who is attempting to screen.

If a player disregards the ball, faces an opponent, and shifts his position as the opponent shifts, such player is primarily responsible for any contact that ensues, unless other factors are involved (obstruction).

The expression "unless other factors are involved" in the foregoing statements, refers to deliberate pushing, charging or holding by a player who is being screened. This player must make a reasonable effort to avoid contact, and any deliberate act on his part which causes contact should be penalised.

It is legal for one or more players to run down the court close to a team mate who has the ball with the apparent intention of preventing opponents from approaching the player with the ball. If, however, they run into an opponent who has taken a position in their path, charging, blocking or obstruction occurs, and in any case of contact in such a play, the greater responsibility is on the team in possession of the ball.

It is legal for a player to extend his arm or elbow in taking position on the floor, but the arm or elbow must be lowered when an opponent attempts to go by, otherwise blocking or holding by that player usually occurs.

XVIII. The Centre Pivot Play (article 80)

This play has been restricted by limiting to three seconds the time a player may remain in a defined part of his opponents restricted area while the ball is in play and in control of his team.

The pivot player should not be allowed to shoulder or hip his opponent out of position, nor to interfere with the latter's freedom of motion by the use of extended elbows or arms, after he has thrown the ball. On the other hand, the guarding player should not be allowed to interfere with the pivot player's freedom of motion by the use of the arms, knee, or other parts of the body.

XIX. The Dribble

Article 80 contains a statement that emphasises the responsibility of the dribbler in connection with the fouls resulting from the dribble. If the dribbler's path is blocked, he ought not try to dribble by an opponent unless there is a reasonable chance of getting by without contact. This is not intended to free the defensive player from responsibility; it is the duty of both players to avoid contact, but more attention should be directed to the dribbler's responsibility. In attempting to stop a dribble, the defensive player must play the ball.

XX. Held Ball (articles 55 and 80)

Some Officials call held ball to forestall fouls. That is, they see players about to charge into, or hold an opponent who has the ball, and they prevent the foul by blowing the whistle and declaring held ball.

This is unjust to the player who has gained possession, and it encourages rough play. Officials who call "guarding from the rear" strictly are getting a cleaner, more open type of game.

XXI. Fouls and Their Penalties (Rule Nine)

Any number of fouls, or combinations of fouls, may be called at about the same time during a match. When several fouls are committed at about the same time, the following basic principles should be applied :

(a) A foul shall be charged for each offence, and be inscribed on the Score Sheet.

(b) During a play phase, the team in possession of the ball may expect to score two points, unless one of its players was fouled while in the act of shooting for a field goal and, in spite of the foul, succeeds in scoring and is awarded one free throw (see article 80, Penalty: (b) (1)). However, if the field goal was missed, only a maximum of two free throws may be awarded, regardless of the number of fouls (see article 80, Penalty: (b) (2), and also article 88).

(c) A "play phase" is the period of time during which a team, having obtained possession of the ball, plays it and scores a field goal, or losses it through an interception by opponents, or until the ball becomes dead because of a violation or a foul.

(d) When the ball becomes dead (field goal, violation, foul), the following dead ball period will be considered as part of the play phase that has preceded it, and this until the ball becomes alive again, following the provisions contained in article 38 of the Rules. Fouls committed during the dead-ball period will be considered as committed at the time the ball became dead.

The moment the ball becomes alive a new play phase begins.

(e) After a valid field goal and after a successful last free throw (article 51), the ball is put in play from the end line, except as indicated in (f) below.

(f) Whenever a foul is called on a Coach or a substitute (exception: see article 74), the opponents shall have possession of the ball (article 78, Penalty) after the throw or throws have been attempted, unless a similar foul or a player foul involving two free throws has been called at the same time or during the same dead ball against the opponents. In that case, play shall be resumed by a jump-ball at the nearest circle.

XXII. End of Game

If at the end of a game there are doubts regarding the exact termination of playing time (for instance : Timekeeper fails to stop the game watch on a violation, a held ball or a

foul), the Referee shall immediately consult the Timekeeper and Scorer to determine the exact time that remained to be played. The Referee shall clearly indicate on the Score Sheet the score obtained at the moment the Timekeeper's signal was sounded and shall then order the game to be continued for the time under discussion. The Referee shall start the game as if nothing had occurred, by administering the violation, the jump-ball or the foul. Should a protest be filed by one of the teams, he shall immediately report the incident to the competent authority.

XXIII. Procedure to Follow in Case of a Protest

Should a team believe to have had its interests adversely effected by a decision of an Official (referee or umpire) or by any event whatever that took place during a game, it must proceed in the following manner :

(a) At the moment when the incident takes place, either immediately when the ball is dead and the watch is stopped, or at the first time-out that follows, the Captain of the team shall make his observations to the Referee, provided this is done in a calm and courteous manner. The Referee may explain his decision or, if necessary, may examine the score sheet and check the score and the playing time. The interruption of play thus caused, should it exceed 30 seconds, shall be charged as a time-out to the team in question unless the Referee recognising the validity of the observation, decides otherwise.

(b) If, at the end of the game, the team in question should deem to have been put at a disadvantage by what has happened, its Captain shall immediately report at the Scorer's table and inform the Scorer (and, through him, the Referee) that his team is appealing against the result of the game. He shall then sign the Score sheet "under protest".

XXIV. Officials' Signals

The hand signals illustrated at the end of these Rules should be learned thoroughly by every Official and used in all of his games. It is important that Scorers and Timekeepers be also familiar with these signals.

The illustrations and captions explain the signals, but the following notes emphasise and amplify certain points :

- (a) Hand above head always stops the game watch. If a foul is involved, hand above head with fingers closed is signal for the foul as well as signal to stop the game watch. If the game watch is to be stopped when there is no foul, the hand is held above head with fingers open and palm toward the Timekeeper.
- (b) When number of free throws is to be indicated, fingers may be held horizontal at side with elbow against Officials side. When number of points scored is to be indicated, fingers may be held at face level, with a repeated motion downwards from wrist.
- (c) Violation is signalled by a sweeping motion of the hand toward out-of-bounds spot, followed by pointing toward opponents basket of the team which is awarded ball out-of-bounds.
- (d) For three-second rule violation, the same motion is used but three fingers are extended when pointing to out-of-bounds spot.

OFFICIALS SIGNALS

1 TIME IN	2 TIME OUT (stop clock)	3 CHARGED TIME-OUT
 Chop with hand or finger	 Open Palm	 Form T finger showing
4 SUBSTITUTION	5 JUMP BALL	6 VIOLATION OUT OF BOUNDS
 Crossing forearms	 Thumbs up	 A. Violations signal B. Direction of play
7 TRAVELLING	8 ILLEGAL DRIBBLE	9 3 SECONDS RULE INFRACTION
 Rotate fists	 Pating motion	 Fingers sideways

10 CANCEL SCORE



Sift arms across body

11

PERSONAL FOUL
(stop clock)



Clenched fist

12

PERSONAL FOUL
No free throws



Finger pointing to side line

13 FREE THROWS
PENALTY



Fingers pointing to free throw line

14

TECHNICAL FOUL



Form T,
Palm showing

15

DOUBLE FOUL



Waving
clenched fists

16 INTENTIONAL
FOUL



Grasp wrist

17

HOLDING



Signal foul
grasp wrist

18

CHARGING



Clenched fist
striking open palm

19

PUSHING



Signal foul:
imitate push

20

ILLEGAL USE
OF HANDS

Signal foul:
strike wrist

21

TO DESIGNATE
OFFENDER

Hold up number
of player

22

TWO POINTS

(One finger—one point)



"Flag" from wrist

23

DURING FREE
THROWS

Signal two throws

24

DURING FREE
THROWS

Signal one throw

25

BLOCKING



Signal foul:
Hands on hips

BOXING

RULES OF BOXING

1. Ring

(a) Dimensions

In all competitions and contests the inside measurements of the ring shall be not less than 12 feet or more than 20 feet (3m 66 and 6m 10 in metric measurement) square. The height from ring-floor level to the top rope shall be not less than four feet nor more than five feet (1m 22 and 1m 52 in metric measurement).

(b) Ropes

The ring shall be formed by two or preferably three sets of ropes covered with linen or similar soft material.

(c) Platform and Corner Pads

The platform shall be safely constructed, level and free from any obstructing projections and shall extend for at least 18 inches outside the line of the ropes. It shall be fitted with four corner posts which shall be well padded or otherwise so constructed as to prevent injury to the boxers

(d) Undercover

The floor shall be covered with an undercover of rubber of a standard approved by the A.B.A., over which canvas shall be stretched and secured in place. The undercover and canvas shall cover the entire platform.

(e) Accessories

While a bout is in progress, the platform must be cleared of all chairs, buckets, basins, etc.

(f) At all Dinner/Boxing Tournaments a minimum distance of 2 metres shall be clear of all tables, excluding those required for use by officials.

2. Competitors' Attire and Distinguishing Colours.

Competitors shall box in a vest completely covering chest and back, shorts being of reasonable length, reaching to mid-thigh position and light boots or shoes. Swimming costumes are not permitted. A competitor will be excluded from competing unless

properly attired. Competitors must wear distinguishing colours, such as red or blue sashes round the waist, to be supplied by the club promoting the tournament.

Gumshields may be worn, and a cup-protector, or jock-strap, shall be worn.

The use of grease, vaseline or products, including alcoholic lotions, likely to be harmful or objectionable to an opponent, on the face, arms or any other part of the body is forbidden.

To avoid the possibility of scarring of the lining of the eyes, beards are forbidden and hair must *not* extend below the nape of the neck behind or below the lobes of the ears at the sides and the fringe in front must not extend to the level of the eyebrows.

Every Association will arrange for their boxers to have a Record Card which must contain a record of the boxers bouts, name of opponents and showing the result, how won or lost. It shall be the responsibility of the Clerk of Scales to draw the attention of the Official-in-Charge of the Tournament to any infringement of this rule.

3. Gloves. The gloves to be of standard weight of eight ounces (227 grammes) each, except when otherwise specially sanctioned for junior competitions. All gloves will be padded with a resilient foam moulding as approved by the A.B.A.

4. Bandages. A soft dry surgical bandage, not to exceed 8 ft. 4 ins. (2.5m) in length and $1\frac{3}{4}$ ins. (4.4 cm) in width, or a dry bandage of the Velpeau type, not to exceed 6 ft. 6 ins. (2 m) in length and $1\frac{3}{4}$ ins. (4.4 cm) in width, may be worn on each hand. No other kind of bandage may be worn. The use of any kind of tapes, rubber or adhesive plasters is strictly forbidden, but the end of the bandage may be secured at the wrist by thin adhesive tape not more than 3 inches by 1 inch (7.5 cm by 2.5 cm).

5. Dressing Rooms. Suitable dressing-room accommodation must be provided for competitors at all tournaments. Whenever possible, separate dressing-room accommodation should be provided for appointed officials.

6. Weigh-in. Competitors to weigh-in on the day of competition stripped or in boxing costume, as they may prefer.

Notices and advertisements shall specify the exact weight of

each competition. No extra weight allowance for costume or other reasons shall be advertised or permitted.

All scales and/or weighing machines at Championships tournaments must have a certificate of accuracy dated not more than 48 hours prior to the tournament weigh-in.

7. Duration of Rounds. The number and duration of rounds for senior competitions and contests shall be as follows :—

Competitions—

Novice—3 rounds of 2 minutes each.

Intermediate—2 rounds of 2 minutes each and a third round of 3 minutes.

Open—3 rounds of 3 minutes each.

Contests—

Between open class boxers—4 rounds of 3 minutes each or 3 rounds of 3 minutes each.

Between an open class boxer and an intermediate class boxer—3 rounds of 3 minutes each.

Between intermediate class boxers—3 rounds of 3 minutes each, or 4 rounds of 2 minutes each.

Between an intermediate class boxer and a novice class boxer—3 rounds of 2 minutes each.

Between novice class boxers—3 rounds of 2 minutes each.

In every case, there shall be an interval of one minute between the rounds.

NOTE : The number and duration of rounds for junior boxers are laid down in Appendix 16.

8. The Draw, Byes and "Walk-Overs". A draw shall be made for all competitions after the weigh-in and medical inspection.

In competitions where there are more than four competitors, a sufficient number of byes shall be drawn in the first series to reduce the number of competitors in the second series to 4, 8, 16, or 32.

Competitors drawing a bye in the first series shall be the first to box in the second series. If there is an odd number of byes the boxer who draws the last bye will compete in the second series against the winner of the first bout in the first series.

No competitor may receive a bye in the first series and a "walk-over" in the second series, or two consecutive "walk-overs". Should such a position arise, a fresh draw shall be made of the competitors still remaining in the competition, to provide opponents for those competitors who have already received a bye walk-over in the preceding series.

Table for Drawing Bouts and Byes

No. of Entries	Bouts	Byes	No. of Entries	Bouts	Byes
5	1	3	13	5	3
6	2	2	14	6	2
7	3	1	15	7	1
8	4	—	16	8	—
9	1	7	17	1	15
10	2	6	18	2	14
11	3	5	19	3	13
12	4	4	20	4	12

9. Limitation of Competitors in Competitions. Not more than eight nor less than four competitors may be allowed to compete in any competition. This rule does not apply to any championships authorised by the Association.

The club promoting the competition shall have the right to nominate one of its members to compete, providing that member has been entered for the competition.

10. Fresh Draw. In the event of two members of the same club being drawn together in the first series, and one of them wishing to withdraw in favour of the other, a fresh draw must be made. The competitor so withdrawing shall not be included in the new draw, and the official in charge must report the particulars to the Association.

11. Withdrawal of Competitor. After the draw has been made, should a competitor retire from the competition without a satisfactory reason, the official in charge shall report the circumstances to the Association.

12. Retirement of Competitor. Any competitor retiring from any cause must immediately inform the official in charge.

13. Byes After First Series of Competition. Byes that arise after the first series shall be sparred for the specified time with an opponent approved by the official in charge.

(c) Soft blows or "taps" with no force behind them.

(c) *Leading Off:*

Striking first, or attempting to strike first. Any infringement of the rules nullifies the scoring value of a leading off move.

(d) *Defence:*

Avoidance of blows by blocking, parrying, ducking, guarding, side-stepping, etc.

20. Announcement of Decision and Disposal of Scoring Papers (a) At the end of each bout where the stipulated number of rounds has been completed, the Referee shall collect and verify the Judges' scoring papers and instruct the M.C. to announce the decision stating whether this is unanimous or majority decision. In Senior contests the Referee will raise the hand of the winner.

(b) If a bout be terminated in favour of one boxer, the Referee shall instruct the M.C. to announce the name of the winner and the reason for the stoppage, then collect the Judges' scoring papers.

(c) If both boxers be unable to continue boxing, for any reason the bout shall be terminated, the Judges' scoring papers collected and the verdict awarded to the boxer who was leading on points when the bout was stopped. In such cases, should the bout be terminated during a round the Judges shall award points as though it had been a completed round.

This rule refers to injury of the boxers. If the bout is stopped for any other reason the Official in Charge will decide whether the rule shall apply.

(d) If a boxer be disqualified the Referee shall instruct the M.C. to announce the reason for disqualification and the name of the winner. If both boxers be disqualified the Referee shall instruct the M.C. to announce the reasons. The Judges' scoring papers shall then be collected by the Referee.

(e) When there are only two Judges the Referee shall first complete his scoring paper and then collect the Judges' scoring papers. Should there be less than two judges the Referee alone shall officiate; on no account shall be officiate with only one Judge.

(f) At the termination of each bout the Referee shall hand the scoring papers to the M.C. who will be responsible for giving them to the Official-in-Charge, unless other arrangements for their disposal have been made by the A.B.A. or other appropriate Association.

21. **Decision of Referee or Judges is Final.** The decision of the judges or referee, as the case may be, shall be final and without appeal.

22. **Fouls and Disqualification.** The referee shall have power to caution, warn, or disqualify without warning, for any of the acts mentioned below. A caution is in the nature of advice or admonishment given by a referee to a boxer to check or prevent undesirable practices or the less serious infringements of the rules. To do so he will not necessarily stop the contest. Where an infringement recurs or is in the opinion of the referee more serious he may warn the offender.

If he intends to warn a boxer he shall stop the contest and demonstrate the infringement. He will then point to the offending boxer and to each of the judges.

The following are fouls :

- (a) Hitting with the open glove, hitting with the inside or "butt" of the hand, hitting with the wrists, or any part of the glove other than the knuckle part of the closed glove.
- (b) Hitting with the elbow.
- (c) Hitting below the belt.
- (d) Using the kidney punch.
- (e) Using the pivot blow.
- (f) Deliberate blows on the back of the neck or head.
- (g) Striking a competitor when he is down.
- (h) Holding.
- (i) Lying on with head or body.
- (j) Ducking below the belt in a manner dangerous to his opponent.
- (k) Butting, or dangerous use of the head.
- (l) Roughing.
- (m) Shouldering.
- (n) Wrestling.
- (o) Intentionally falling without receiving a blow.
- (p) Persistently covering up.
- (q) Unfair use of the ropes.
- (r) Double simultaneous blows to the ears.

or for any other act the referee may deem improper.

The referee shall report the circumstances of the disqualification to the appropriate Association.

The referee shall indicate to a boxer by suitable explanation or gestures as appropriate, any infringements of the Rules, especially the too common offences of hitting with open glove or inside of glove, lying-on, holding in various ways, dangerous use of the head, and not stepping back on command "Break".

(a) A judge may during each round impose a suitable scoring penalty for any foul witnessed by him whether observed by the referee or not.

(b) If the referee warns one of the boxers the judges may award a point to the other boxer. When a judge decides to award a point to a competitor for a foul committed by his opponent for with the latter has been warned by the referee he shall place the letter "W" in the appropriate column against the points of the warned competitor to show he has done so. If he decides not so to award a point he shall in the appropriate column place the letter "X" against the points allotted for that round to the warned competitor.

(c) If a judge observes a foul apparently unnoticed by the referee and imposes an appropriate penalty on the offending competitor he shall indicate that he has done so by placing in the appropriate column the letter "J" against the points of the offending competitor and indicate the reason why he has done so.

23. The "Break." When a referee orders the two competitor to "break" both boxers must step back one pace before re-commencing to box. A boxer shall not attempt to strike his opponent on the "break." A competitor breaking this rule shall be liable to disqualification.

24. A Competitor who is "Down" and the Count. A boxer is to be considered "down" if any part of his body other than his feet, is touching the floor, or if he is outside, or partly outside, the ropes or hangs helpless on the ropes.

(a) When a boxer is "down" the referee shall immediately begin to count to seconds, his opponent must at once retire to the farthest neutral corner where he shall remain until ordered to resume boxing by the referee. If he should not go to the neutral corner on the command of the referee, the referee shall

stop counting until he has done so. The counting shall then be continued where it has been interrupted.

The referee shall count aloud and shall indicate with his hand the passing of each second up to ten, from the time the boxer goes down, so that that boxer may be aware of the count. When the referee suspects a boxer is "down" as a result of a foul, he shall nevertheless count until the boxer rises or until "ten" is pronounced unless the end of the round intervenes, and then shall consult the judges before allowing the bout to continue or giving his verdict.

(b) If the boxer is able to continue the bout before the referee has pronounced "ten", the bout shall be continued. After the referee has said "ten" the bout ends. The referee having stopped the bout by pronouncing "ten" the term "Knock-out" or "K.O." will not be used, the term "failed to beat the count" will be used.

(c) When a boxer is knocked down as the result of a blow the bout shall not be continued until the referee has reached the count of eight, even if the boxer is ready to continue before then.

(d) In the event of a boxer being down at the end of a round, other than the last round, the referee shall continue the count. Should the referee count up to ten, such a boxer shall be deemed to have lost the bout. If the boxer is fit to resume boxing before the count of ten is reached, the referee shall immediately use the command "BOX".

(e) If at the end of a round, other than the last round, a boxer is "down" and the referee is in the course of counting, the gong indicating the end of the round will NOT be sounded. The gong will be sounded only when the referee gives the command "Box" indicating the continuation of the bout. The interval between rounds shall be of a full minute's duration.

25. Stoppage of a Bout. (a) If a boxer in the opinion of the referee is unfit to continue because of injury the bout shall be stopped and his opponent declared the winner. The right to decide the aforementioned rests with the referee, who may consult the doctor. Having consulted the doctor, the referee shall follow his advice.

(b) The referee shall be empowered to stop a bout if in his opinion a man is outclassed or unfit to continue, and that man shall be deemed to have lost the bout.

26. **Failure to Resume Bout.** In all bouts, any competitor failing to resume sparring when time is called shall lose the bout.

27. **Breach of These Rules.** The breaking of any of these rules by a competitor or his second shall render such competitor liable to disqualification.

28. **No Prize for Disqualified Competitor.** A competitor who has been disqualified shall not receive any prize.

29. **Suspected Foul.** If the referee suspects a foul which he himself has not clearly seen, he shall consult the judges and give his decision accordingly.

30. **Interpretation of These Rules.** The judges and referee shall decide (1) the interpretation of any of these rules; (2) any question not provided for in the rules.

31. Match Secretaries shall be allowed to see Boxers' records as listed on ME3 (Boxers Medical/Record Card), on request.

CRICKET

THE LAWS OF CRICKET

The term 'Special Regulations' referred to in certain Laws are those authorised by M.C.C., Overseas Governing Bodies or other Cricket Authorities in respect of matches played under their jurisdiction.

(A)—THE PLAYERS, UMPIRES AND SCORERS

1. A match is played between two sides of eleven players each, unless otherwise agreed. Each side shall play under a Captain who before the toss for innings shall nominate his players who may not thereafter be changed without the consent of the opposing Captain.

NOTES 1. If a captain is not available at any time, a deputy must act for him to deal promptly with points arising from this and other Laws.

2. No match in which more than eleven players a side take part can be regarded as First-class, and in any case no side should field with more than eleven players.

2. Substitutes. Substitutes shall be allowed to field or run between the wickets for any player who may during the match be incapacitated from illness or injury, but not for any other reason without the consent of the opposing Captain; no Substitute shall be allowed to bat or to bowl. Consent as to the person to act as substitute in the field shall be obtained from the opposing Captain, who may indicate positions in which the Substitute shall not field.

NOTES 1. A player may bat, bowl or field even though a substitute has acted for him previously.

2. An injured batsman may be "Out" should his runner infringe Laws 36, 40 or 41. As *striker* he remains himself subject to the Laws; should he be out of his ground for any purpose he may be "Out" under Laws 41 and 42 at the wicket-keeper's end, irrespective of the position of the other batsman or the substitute when the wicket is put down. When *not the striker* the injured batsman is out of the game and stands where he does not interfere with the play.

3. The Appointment of Umpires. Before the toss for innings two Umpires shall be appointed one for each end to

control the game as required by the Laws with absolute impartiality. No Umpire shall be changed during a match without the consent of both Captains.

NOTE 1. The umpires should report themselves to the executive of the ground 30 minutes before the start of each day's play.

4. **The Scorers.** All runs scored shall be recorded by Scorers appointed for the purpose; the Scorers shall accept and acknowledge all instructions and signals given to them by the Umpires.

NOTE 1. The umpires should wait until a signal has been answered by a scorer before allowing the game to proceed. Mutual consultation between the scorers and the umpires to clear up doubtful points is at all times permissible.

(B)—THE IMPLEMENTS OF THE GAME, AND THE GROUND

5. **The Ball.** The Ball shall weigh not less than $5\frac{1}{2}$ ounces/155.9 g., nor more than $5\frac{3}{4}$ ounces/163 g. It shall measure not less than $8\frac{3}{4}$ inches/22.4 cm., nor more than 9 inches/22.9 cm., in circumference. Subject to agreement to the contrary either Captain may demand a new ball at the start of each innings. In the event of a ball being lost or becoming unfit for play, the Umpires shall allow another ball to be taken into use. They shall inform the Batsman whenever a ball is to be changed.

NOTES 1. All cricket balls used in First-class matches should be approved before the start of a match by the umpires and captains.

2. In First-class matches, the captain of the fielding side may demand a new ball after the prescribed number of overs has been bowled with the old one. The Governing Body for cricket in the country concerned, shall decide the number of overs applicable in that country, which shall be not less than 75 overs, nor more than 85 overs (55 to 65 eight ball overs).

In other grades of cricket, these regulations will not apply unless agreed before the toss for innings.

3. Any ball substituted for one lost or becoming unfit for play should have had similar wear or use as that of the one discarded.

6. **The Bat.** The Bat shall not exceed $4\frac{1}{4}$ inches/10.8 cm. in the widest part; it shall not be more than 38 inches/96.5 cm.

7. **The Pitch.** The Pitch is deemed to be the area of ground between the bowling creases, 5 feet, 1.52 m. in width

on either side of the line joining the centre of the wickets. Before the toss for innings, the executive of the ground shall be responsible for the selection and preparation of the Pitch; thereafter the Umpires shall control its use and maintenance. The Pitch shall not be changed during a match unless it becomes unfit for play, and then only with the consent of both Captains.

8. The Wickets. The Wickets shall be pitched opposite and parallel to each other at a distance of 22 yards/20.12 m. from stump to stump. Each Wicket shall be 9 inches/22.9 cm. in width and consist of three stumps with two bails upon the top. The stumps shall be of equal and of sufficient size to prevent the ball from passing through, with their top 28 inches/71.1 cm. above the ground. The bails shall be each $4\frac{3}{8}$ inches/11.1 cm. in length, and when in position on the top of the stumps, shall not project more than $\frac{1}{2}$ inch/1.3 cm. above them.

NOTES 1. Except for the bail grooves the tops of the stumps shall be dome-shaped.

2. In a high wind the captains may agree, with the approval of the umpires, to dispense with the use of bails (See Law 31, Note 3).

9. The Bowling and Popping Creases. The bowling crease shall be marked in line with the stumps 8 ft. 8 ins./2.64 m. in length; with the stumps in the centre. The popping crease shall be marked 4 ft./1.22 m. in front of and parallel with the bowling crease and shall extend a minimum of 6 ft./1.83 m. either side of the line of the stumps. The return crease shall be marked at each end of the bowling crease, at right angles to it, and shall extend forward to join the popping crease, and a minimum of 4 ft./1.22 m. behind the wicket. Both the return and popping creases shall be deemed unlimited in length.

NOTES 1. The distance of the Popping crease from the wicket is measured from a line running through the centre of the stumps to the inside edge of the crease.

2. Whenever possible, the popping crease and the return crease shall be redrawn during each interval.

(C)—THE CARE AND MAINTENANCE OF THE PITCH

10. Rolling, Moving and Watering. Unless permitted by "Special Regulations", the Pitch shall not be rolled during the match except before the start of each innings and of each day's

play, when, if the Captain of the batting side so elect, it may be swept and rolled for not more than 7 minutes. In a match of less than three days' duration, the pitch shall not be mown during the match unless "Special Regulations" so provide. In a match of three or more days' duration, the pitch shall be mown under the supervision of the Umpires before play begins on alternate days after the start of a match, but should the pitch not be so mown on any day on account of play not taking place, it shall be mown on the first day on which the match is resumed and thereafter on alternate days. (For the purpose of this Law a rest day counts as a day.) Under no circumstances shall the Pitch be watered during a match.

NOTES 1. The umpires are responsible that any rolling permitted by this Law and carried out at the request of the captain of the batting side, is in accordance with the regulations laid down and that it is completed so as to allow play to start at the stipulated time.

The normal rolling before the start of each day's play shall take place not earlier than half an hour before the start of play, but the captain of batting side may delay such rolling until 10 minutes before the start of play should he so desire.

2. The time allowed for rolling shall be taken out of the normal playing time if a captain declare an innings closed either, (a) before play starts on any day so late that the other captain is prevented from exercising his option in regard to rolling under this Law, or (b) during the luncheon interval later than 15 minutes after the start of such interval.

3. Except in the United Kingdom, if at any time a rain affected pitch is damaged by play thereon, it shall be swept and rolled for a period of not more than ten consecutive minutes at any time between the close of play on the day on which it was damaged and the next resumption of play, provided that:

(i) The umpires shall instruct the groundsman to sweep and roll the pitch only often they have agreed that damage caused to it as a result of play after rain has fallen warrants such rolling additional to that provided for in Law 10.

(ii) Such rolling shall in all cases be done under the personal supervision of both umpires and shall take place at such time and with such roller as the groundsman shall consider best calculated to repair the damage to the pitch.

(iii) Not more than one such additional rolling shall be permitted as a result of rain on any particular day.

(iv) The rolling provided for in Law 10, to take place before the start of play shall not be permitted on any day on which the rolling herein provided for takes place within two hours of the time appointed for commencement of play on that day.

11. Covering the Pitch. The Pitch shall not be completely covered during a match unless "Special Regulations" so provide; covers used to protect the bowlers' run up shall not extend to a greater distance than $3\frac{1}{2}$ feet/1.07 m. in front of the Popping creases.

NOTE 1. It is usual under this Law to protect the bowlers' run up, before and during a match, both at night and, when necessary, during the day. The covers should be removed early each morning, if fine.

12. Maintenance of the Pitch. The Batsman may beat the Pitch with his bat, and Players may secure their footholds by the use of sawdust, provided Law 46 be not thereby contravened. In wet weather the Umpires shall see that the holes made by the Bowlers and Batsman are cleaned out and dried whenever necessary to facilitate play.

(D)—THE CONDUCT OF THE GAME

13. Innings. Each side has two innings, taken alternately, except in the case provided for in Law 14. The choice of innings shall be decided by tossing on the field of play.

NOTES 1. The captains should toss for innings not later than 15 minutes before the time agreed upon for play to start. The winner of the toss may not alter his decision to bat or field once it has been notified to the opposing captain.

2. This law also governs a One-day match in which play continues after the completion of the first innings of both sides (*See also Law 22*).

14. Following Innings. The side which bats first and leads by 200 runs in a match of five days or more, by 150 runs in a three-day or four-day matches, by 100 runs in a two-day match, or by 75 runs in a one-day match, shall have the option of requiring the other side to follow their innings.

15. Declarations. The Captain of the batting side may declare an innings closed at any time during a match irrespective of its duration.

NOTE 1. A captain may forfeit his second innings. In this event, the interval between innings shall be 10 minutes and his decision must be notified to the opposing captain and umpires in sufficient time to allow seven minutes rolling of the pitch.

16. When the start of play is delayed by whether Law 14 shall apply in accordance with the number of days play remaining from the actual start of the match.

17. Start and Close of Play and Intervals. The umpires shall allow such intervals as have been agreed upon for meals, 10 minutes between each innings and not more than 2 minutes for each fresh batsman to come in. At the start of each innings and of each day's play's at the end of any interval the Umpire at the Bowler's and shall call "Play", when the side refusing to play shall lose the match. After "Play" has been called no trial ball shall be allowed to any player, and when one of the Batsmen is out the use of the bat shall not be allowed to any player until the next Batsman shall come in.

Notes 1. The umpires shall not award a match under this Law unless (i) "Play" has been called in such a manner that both sides can clearly understand that play is to start, (ii) an appeal has been made, and (iii) they are satisfied that a side will not, or cannot, continue play.

2. It is an essential duty of the captains to ensure that the "in-going" batsman passes the "out-coming" one before the latter leaves the field of play. This is all the more important in view of the responsibility resting on the umpires for deciding whether or not the delay of the individual amounts to a refusal of the batting side to continue play.

3. The interval for luncheon should not exceed 45 minutes unless otherwise agreed (but see Law 10, Note 2). In the event of the last wicket falling within 2 minutes of the time arranged for luncheon or tea, the game shall be resumed at the usual hour, no allowance being made for the 10 minutes between the inning.

4. Bowling practice *on the pitch* is forbidden at any time during the game.

5. No bowler shall have a trial 'Run-up' after "Play" has been called in any session, except at the fall of a wicket, when an umpire may allow such a trial 'Run-up' if he is satisfied that it will not cause any waste of time.

18. The Umpire shall call "Time", and at the same time remove the bails from both wickets, on the cessation of play before any arranged interval, at the end of each day's play, and at the conclusion of the match. An "Over" shall always be started if "time" has not been reached, and shall be completed unless a batsman is "Out" or "Retires" within 2 minutes of the completion of any period of play, but the "Over" in progress at the close of play on the final day of a match shall be completed at the request of either Captain even if a wicket fall after "Time" has been reached.

NOTES 1. If, during the completion of the last over of any period of

play, the players have occasion to leave the field, the Umpires shall call "Time". In the case of the last over of the match, there shall be no resumption of play and the match shall be at an end.

2. The last over before an interval or the close of play shall be started, provided the umpire standing at square leg, after walking at his normal pace, has arrived at his position behind the stumps at the bowler's end before time has been reached. The above provision will apply if the batsman is "Out" off, or "Retires" after the last ball of an over when less than two minutes remain for play at the conclusion of the match.

3. In the final stages of a match, the umpires shall indicate when one hour of playing time remains (according to the agreed hour of play). From that movement, and providing a result is not reached earlier, the game will continue for a minimum of 20 6-ball overs (15 8-ball overs).

In the event of play being interrupted (including intervals or stoppages for rain, bad light, etc.), the numbers of overs to be bowled shall be reduced in proportion to the time lost, in the ratio of one over for every three minutes (four minutes for 8-ball overs) or part thereof lost.

If a new innings starts within the last hour of a match, the minimum number of overs to be bowled shall be calculated on the basis of one for each three minutes, or part of three minutes (four minutes for 8-ball overs) remaining for play, when the innings is started.

Whenever the minimum number of overs has been bowled before the agreed time for the close of play, the match shall continue (in the absence of a result) until the agreed time for close of play.

(Both captains may agree before the match to forgo the condition 1 of this Note subject to such agreement being permitted by "Special Regulations".)

19. Scoring. The score shall be reckoned by runs. A run is scored :—

1st.—So often as the Batsmen after a hit, or at any time while the ball is in play, shall have crossed and made good their ground from end to end; but if either Batsman run a short run, the Umpire shall call and signal "One short" and that run shall not be scored. The Striker being caught, no run shall be scored; a Batsman being run out, that run which was being attempted shall not be scored.

2nd.—For penalties under Laws 21, 27, 29, 44 and boundary allowances under Law 20.

NOTES 1. If while the ball is in play, the batsmen have crossed in running, neither returns to the wicket he has left except in the case of a boundary hit, or a boundary from extras, or under Laws 30, Note 1 and 46, Note 4 (vii). This rule applies even should a short run have been called, or should no run be reckoned as in the case of a catch.

2. A run is "short" if either or both, batsmen fail to make good their ground in turning for a further run.

Although such a "short" run shortens the succeeding one, the latter, if completed, counts. Similarly a batsman taking stance in front of his popping crease may run from that point without penalty.

3. (i) One run only is deducted if both batsmen are short in one and the same run.

(ii) Only if three or more runs are attempted can more than one run be "short" and then, subject to (i) above, all runs so called shall be disallowed.

(iii) If either or both batsmen deliberately run short, the umpire is justified in calling "Dead Ball" and disallowing any runs attempted or scored as soon as he sees that the fielding side have no chance of dismissing either batsman under the Laws.

4. An umpire signals "short" runs when the ball becomes "dead" by bending his arm upwards to touch the shoulder with the tips of his fingers. If there has been more than one "short" run the umpires must instruct the scorers as to the number of runs disallowed. (See Note 1 to Law 4)

20. Boundaries. Before the toss for innings the Umpires shall agree with both sides on the Boundaries for play, and on the allowances to be made for them. An Umpire shall call or signal "Boundary" whenever, in his opinion, a ball in play hits, crosses or is carried over the Boundary. The runs completed at the instant the ball reaches the Boundary shall count only should they exceed the allowance, but if the "Boundary" result from an overthrow or from the wilful act of a fieldsman, any runs already made and the allowance shall be added to the score.

NOTES 1. If flags or posts are used to mark a boundary, the real or imaginary line joining such points shall be regarded as the boundary, which should be marked by a white line if possible.

2. In deciding on the allowances to be made for boundaries the umpires will be guided by the prevailing custom of the ground.

3. It is a "Boundary" if the ball touches any boundary line or if a fieldsman with ball in hand grounds any part of his person on or over that line. A fieldsman, however, standing within the playing area may lean against or touch a boundary fence in fielding a ball (See also Law 35, Note 5).

4. An obstacle, or person, within the playing area is not regarded as a boundary unless so arranged by the umpires. The umpire is not a boundary, but sight screens within the playing area shall be so regarded.

5. The customary allowance for a boundary is 4 runs, but it is usual

to allow 6 runs for all hits pitching over and clear of the boundary line or fence (even though the ball has been previously touched by a fieldsman). It is not usual to allow 6 runs when a ball hits a sight screen full pitch, if the latter is on or inside the boundary.

6. In the case of a boundary resulting from either an overthrow or the wilful act of a fieldsman, the run in progress counts provided that the batsmen have crossed at the instant of the throw or act.

7. The umpire signals "Boundary" by waving an arm from side to side, or a boundary "6" by raising both arms above the head.

21. **Lost Ball.** If a ball in play cannot be found or recovered any Fieldsman may call "Lost Ball", when 6 runs shall be added to the score; but if more than 6 have been run before "Lost Ball" be called, as many runs as have been run shall be scored.

22. **The Result.** A match is won by the side which shall have scored a total of runs in excess of that scored by the opposing side in its two completed innings; one-day matches, unless thus played out, shall be decided by the first innings. A match may also be determined by being given up as lost by one of the sides, or in the case governed by Law 17. A match not determined in any of these ways shall count as a "Draw".

NOTES 1. It is the responsibility of the captains to satisfy themselves on the correctness of the scores on the conclusion of play.

2. Neither side can be compelled to continue after a match is finished; a one-day match shall not be regarded as finished on the result of the first innings if the umpires consider there is a prospect of carrying the game to a further issue in the time remaining.

3. The result of a finished match is started as a win by runs, except in the case of a win by the side batting last, when it is by the number of wickets still then to fall. In a one-day match which is not played out on the second innings, this rule applies to the position at the time when a result on the first innings was reached.

4. A "Draw" is regarded as a "Tie" when the scores are equal at the conclusion of play but only if the match has been played out. If the scores of the completed first innings of a one-day match are equal, it is a "Tie", but only if the match has not been played out to a further conclusion.

23. **The Over.** The ball shall be bowled from each wicket alternately in **Overs** of either 8 or 6 balls according to the agreed conditions of play. When the agreed number have been bowled and it has become clear to the Umpire at the Bowler's wicket that both sides have ceased to regard the ball

as in play, the Umpire shall call "Over" in a distinct manner before leaving the wicket. Neither a "No Ball" nor a "Wide Ball" shall be reckoned as one of the "Over".

NOTE 1. In the United Kingdom the "over" shall be 6 balls, unless an agreement to the contrary has been made.

24. A bowler shall finish an "Over" in progress unless he be incapacitated or be suspended for unfair play. He shall be allowed to change ends as often as desired, provided only that he shall not bowl two "Overs" consecutively in one innings. A Bowler may require the Batsmen at the wicket from which he is bowling to stand on whichever side of it he may direct.

25. **Dead Ball.** The ball shall be held to be "Dead"—on being in the opinion of the Umpire finally settled in the hands of the Wicket-keeper or of the Bowler; or on reaching or pitching over the boundary; or, whether played or not, on lodging in the dress of either a Batsman or Umpire; or on the call of "Over" or "Time" by the Umpire; or on a Batsman being out from any cause: or on any penalty being awarded under Laws 21 or 44. The Umpire shall call "Dead Ball" should he decide to intervene under Law 46 in a case of unfair play or in the event of a serious injury to a player; or should he require to suspend play prior to the Striker receiving a delivery. The ball shall cease to be "Dead" on the Bowler starting his run or bowling action.

NOTES 1. Whether the ball is "finally settled" is a question of fact for the umpire alone to decide.

2. An umpire is justified in suspending play prior to the striker receiving a delivery in play of the following circumstances:

(i) If satisfied that, for an *adequate* reason, the striker is not ready to receive the ball, and makes no attempt to play it.

(ii) If the bowler drops the ball accidentally before delivery, or if the ball does not leave his hand for any reason.

(iii) If one or both bails fall from the striker's wicket before he receives the delivery.

In such cases the ball is regarded as "Dead" from the time it last came into play.

3. A ball does not become "Dead" when it strikes an umpire (unless it lodges in his dress), when the wicket is broken or struck down (unless a

batsman is out thereby), or when an unsuccessful appeal is made.

4. For the purpose of this and other Laws, the term "dress" includes the equipment and clothing of players and umpires as normally worn.

26. **No Ball.** For a delivery to be fair, the ball must be bowled not thrown. If either Umpire be not entirely satisfied of the absolute fairness of a delivery in this respect he shall call and signal "No Ball" instantly upon delivery. The umpire at the Bowler's wicket shall call and signal "No Ball" if, in the delivery stride, no part of the bowler's front foot is grounded behind the popping crease, or if he is not satisfied that the bowler's backfoot has landed within and not touching the return crease or its forward extension.

NOTES 1. "A ball shall be deemed to have been thrown if, in the opinion of either umpire, the process of straightening the bowling arm, whether it be partial or complete, takes place during that part of the delivery swing which directly precedes the ball leaving the hand. This definition shall not debar a bowler from the use of the wrist in the delivery swing."

2. The striker is entitled to know whether the bowler intends to bowl over or round the wicket, overarm or underarm, right or left handed. An umpire may regard any failure to notify a change in the mode of delivery as "unfair", if so, he should call "No ball".

3. It is a "No Ball" if the bowler before delivering a ball throws it at the striker's wicket even in an attempt to run him out [See Law 46, Note 4 (vii)].

4. If a bowler break the near wicket with any part of his person during the delivery, such act in itself does not constitute "No Ball".

5. The umpire signals "No Ball" by extending one arm horizontally.

6. An umpire should revoke the call "No Ball" if the ball does not leave the bowler's hand for any reason.

27. The ball does not become "Dead" on the call of "No Ball". The striker may hit a "No Ball" and whatever runs result shall be added to his score, but runs made otherwise from a "No Ball" shall be scored "No Balls," and if no runs be made one run shall be so scored. The Striker shall be out from a "No Ball" if he break Law 37, and either Batsman may be run out, or given out if he break Laws 36 or 40.

NOTES 1. The penalty for a "No Ball" is only scored if no runs result otherwise.

2. Law 46, Note 4 (vii) covers attempts to run before the ball is delivered, but should the non-striker unfairly leave his ground too soon,

the fielding side may run out the batsman at the bowler's end by any recognised method. If the bowler throws at the near wicket, the umpire does not call "No Ball", though any runs resulting are so scored. The throw does not count in the "Over".

28. Wide Ball. If the Bowler shall bowl the ball so high over or so wide of the wicket that in the opinion of the Umpire it passes out of reach of the Striker, and would not have been within his reach when taking guard in the normal position, the Umpire shall call and signal "Wide Ball" as soon as it shall have passed the Striker.

NOTES 1. If a ball which the umpire considers to have been delivered comes to rest in front of the striker "Wide" should not be called and no runs should be added to the score unless they result from the striker hitting the ball which he has a right to do without interference by the fielding side. Should the fielding side interfere, the umpire is justified in replacing the ball where it came to rest and ordering the fieldsmen to resume the places they occupied in the field before the ball was delivered.

2. The umpire signals "Wide" by extending both arms horizontally.

3. An umpire should revoke the call if the striker hits a ball which has been called "Wide".

29. The ball does not become "Dead" on the call of "Wide" Ball. All runs that are run from a "Wide Ball" shall be scored "Wide Balls", or if no runs be made one run shall be so scored. The Striker may be out from a "Wide Ball" if he break Laws 38 or 42, and either Batsman may be run out, or given out if he break Laws 36 or 40.

30. Bye and Leg Bye. If the ball, not having been called "Wide" or "No Ball", pass the Striker without touching his bat or person, and any runs be obtained, the Umpire shall call or signal "Bye"; but if the ball touch any part of the Striker's dress or person except his hand holding the bat, and any run be obtained, the Umpire shall call or signal "Leg Bye"; such runs to be scored "Byes" and "Leg Byes" respectively.

NOTES 1. "Leg byes shall be scored only if, in the opinion of the umpire, the striker has

- (a) attempted to play the ball with his bat, or
- (b) tried to avoid being hit by the ball.

In the case of deflection by the Striker's person, other than in (a) or (b) above, the umpire shall call and signal 'Dead Ball' as soon as one run has been completed, or the ball has reached the boundary and such runs shall be disallowed."

2. The umpire signals "Bye" by raising an open hand above the head, and "Leg Bye" by touching a raised knee with the hand.

31. The Wicket is Down. The wicket shall be held to be "Downs" if either the ball or the Striker's bat or person completely removes either bail from the top of the stumps or, if both bails be off, strikes a stump out of the ground. Any player may use his hand or arm to put the wicket down or, even should the bails be previously off, may pull up a stump, provided always that the ball is held in the hand or hands so used.

NOTES 1. A wicket is not "down" merely on account of the disturbance of a bail, but it is "down" if a bail in falling from the wicket lodges between two of the stumps.

2. If one bail is off, it is sufficient for the purpose of this Law to dislodge the remaining one in any of the ways stated, or to strike any of the three stumps out of the ground.

3. If, owing to the strength of the wind, the captains have agreed to dispense with the use of bails (see Law 8, Note 2), the decision as to when the wicket is "down" is one for the umpires to decide on the facts before them. In such circumstances the wicket would be held to be "down" even though a stump has not been struck out of the ground.

4. If the wicket is broken while the ball is in play, it is not the umpires duty to remake the wicket until the ball has become "dead". A fieldsmen, however, may remake the wicket in such circumstances.

5. For the purpose of this and other Laws the term "person" includes player's dress as defined in Law 25, Note 4.

32. Out of His Ground. A Batsman shall be held to be "Out of his ground" unless some part of his bat in hand or of his person be grounded behind the line of the Popping Crease.

33. Batsman Retiring. A Batsman may retire at any time, but may not resume his innings without the consent of the opposing Captain, and then only on the fall of a wicket.

NOTE 1. When a batsman has retired owing to illness, injury, or some other unavoidable cause, his innings is recorded as "Retired, Not out" but otherwise as a completed innings to be recorded as "Retired, Out".

34. Bowled. The Striker is out "Bowled"—If the wicket be bowled down, even if the ball first touch his bat or person.

NOTES 1. The striker, after playing the ball is out "Bowled" if he then kicks or hits it on to his wicket before the completion of his stroke.

2. The striker is out "Bowled" under this Law when the ball is deflect-

ed on to his wicket off his person, even though a decision against him might be justified under Law 39 L.B.W.

35. Caught. The Striker is out "Caught"—If the ball, from a stroke of the bat or of the hand holding the bat, but not the wrist, be held by Fieldsman before it touch the ground, although it be hugged to the body of the catcher, or be accidentally lodged in his dress. The Fieldsman must have both his feet entirely within the playing area at the instant the catch is completed.

NOTES 1. Provided the ball does not touch the ground, the hand holding it may do so in effecting a catch.

2. The umpire is justified in disregarding the fact that the ball has touched the ground, or has been carried over the boundary provided that a catch has in fact been completed prior to such occurrence.

3. The fact that a ball has touched the striker's person before or after touching his bat does not invalidate a catch.

4. The striker may be "Caught" even if the fieldsman has not touched the ball with his hands, including the case of a ball lodging in the wicket-keeper's pads.

5. A fieldsman standing within the playing area may lean against a boundary to catch a ball, and this may be done even if the ball has passed over the boundary.

6. If the striker lawfully plays the ball a second time he may be out under this Law, but only if the ball has not touched the ground since being first struck.

7. The striker may be caught off any obstruction within the playing area provided it has not previously been decided on as a boundary.

36. Handled the Ball. Either Batsman is out "Handled the Ball"—if he touch it while in play with his hands, unless it be done at the request of the opposite side.

NOTES 1. A hand holding the bat is regarded as part of it for the purposes of Laws 36, 37, and 39.

2. The correct entry in the score book when a batsman is given out under this Law is "Handled the Ball", and the bowler does not get credit for the wicket.

37. Hit the Ball Twice. The Striker is out "Hit the ball twice"—If the ball be struck or be stopped by any part of his person, and he wilfully strike it again, except for the sole purpose of guarding his wicket, which he may do with his bat or any part of his person, other than his hands. No runs except

those which result from an overthrow shall be scored from a ball lawfully struck twice.

NOTES 1. It is for the umpire to decide whether the ball has been so struck a second time legitimately or not. The umpire may regard the fact that a run is attempted as evidence of the batsmen's intention to take advantage of the second stroke, but it is not conclusive.

2. A batsman may not attempt to hit the ball twice, if in so doing he baulks the wicket-keeper or any fieldsman attempting to make a catch.

3. This Law is infringed if the striker, after playing the ball and without any request from the opposite side, uses his bat to return the ball to a fieldsman.

4. The correct entry in the score book when the striker is given out under this Law is "Hit the ball twice", and the bowler does not get credit for the wicket.

38. Hit Wicket. The Striker is out "Hit-wicket"—If in playing at the ball he hit down his wicket with his bat or any part of his person.

NOTES 1. The striker is "Out" under this Law if :

(i) In making a second stroke to keep the ball out of his wicket he hits it down.

(ii) While playing at the ball, but not otherwise, his wicket is broken by his cap or hat falling, or by part of his bat.

2. A batsman is not out for breaking the wicket with his bat or person while in the act of running.

39. L.B.W. The Striker is out "Leg before wicket"—If with any part of his person except his hand, which is in a straight line between wicket and wicket, even though the point of impact be above the level of the bails, he intercept a ball which has not first touched his bat or hand, and which in the opinion of the Umpire, shall have, or would have, pitched on a straight line from the Bowler's wicket to the Striker's wicket, or shall have pitched on the off-side of the Striker's wicket, provided always that the ball would have hit the wicket.

NOTES 1. The word "hand" used in this Law should be interpreted as the hand holding the bat.

2. A batsman is only "Out" under this Law if *all* the four following questions are answered in the affirmative.

(i) Would the ball have hit the wicket?

(ii) Did the ball pitch on a straight line between wicket and wicket (and this case includes a ball intercepted full pitch by the striker), or did it pitch on the offside of the striker's wicket?

(iii) Was it part of the striker's person other than the hand which first intercepted the ball?

(iv) Was that part of the striker's person in a straight line between wicket and wicket at the moment of impact, irrespective of the height of the point of impact?

40. Obstructing the Field. Either Batsman is out "Obstructing the field"—If he wilfully obstruct the opposite side; should such wilful obstruction by either Batsman prevent a ball from being caught it is the Striker who is out.

NOTES 1. The umpire must decide whether the obstruction was "wilful" or not. The involuntary interception by a batsman while running of a throw in is not in itself an offence.

2. The correct entry in the score book when a batsman is given out under this Law is "Obstructing the field", and the bowler does not get credit for the wicket.

41. Run Out. Either Batsman is out "Run out"—If in running or at any time, while the ball is in play, he be out of his ground, and his wicket be put down by the opposite side. If the batsman have crossed each other, he that runs for the wicket which is put down it out; if they have not crossed, he that has left the wicket which is put down is out. But unless he attempt to run, the Striker shall not be given "Run out" in the circumstances stated in Law 42, even should "No Ball" have been called.

NOTE 1. If the ball is played on to the opposite wicket, neither batsman is liable to be "Run Out" unless the ball has been touched by a fieldsman before the wicket is put down.

42. Stumped. A Striker is out "Stumped"—if, in receiving a ball, not being a "No Ball", delivered by the Bowler, he be out of his ground otherwise than in attempting a run, and the wicket be put down by the Wicket-keeper without the intervention of another fieldsman. Only when the ball has touched the bat or person of the Striker may the Wicket-keeper take it in front for the wicket of this purpose.

NOTE 1. The strike may be "Stumped" if the wicket is broken by a ball rebounding from the wicket-keeper's person.

43. The Wicket-keeper. The Wicket-keeper shall remain wholly behind the wicket until a ball delivered by the Bowler touches the bat or person of the Striker, or passes the wicket, or until the Striker attempts a run. Should the Wicket-keeper

ontravene the Law, this striker shall not be out except under Laws 36, 37, 40 and 41, and then only subject to Law 46.

NOTES 1. This Law is provided to secure to the striker his right to play the ball and to guard his wicket without interference from the wicket-keeper. The striker may not be penalised if in the legitimate defence of his wicket he interferes with the wicket-keeper, except as provided for in Law 37, Note 2.

2. If, in the opinion of the umpire, the encroachment by the wicket-keeper has not gained any advantage for the fielding side, nor in any way has interfered with the right of the striker to play the ball with complete freedom, nor has had any effect whatsoever on the dismissal of the striker, he shall disregard the infringement.

44. The Fieldsman. The Fieldsman may stop the ball with any part of his person, but if he wilfully stop it otherwise five runs shall be added to the run or runs already made; if no run has been made five shall be scored. The penalty shall be added to the score of the Striker, if the ball has been struck, but otherwise to the score of Byes, Leg Byes No Balls or Wides as the case may be.

NOTES 1. A fieldsman must not use his cap, etc., for the purpose of fielding a ball.

2. The five runs are a penalty and the batsman do not change ends.

3. The number of one-side fielders behind the popping crease at the instant of the bowler's delivery shall not exceed two. In the event of infringement by the fielding side, the square-leg umpire shall call "No Ball".

NOTE: The umpire may elect to stand on the off-side, provided he informs the captain of the fielding side and the striker of his intention to do so.

(E)—DUTIES OF THE UMPIRES

45. Before the toss for innings, the Umpires shall acquaint themselves with any "Special Regulations", and shall agree with both Captains on any other conditions affecting the conduct of the match; shall satisfy themselves that the wickets are properly pitched; and shall agree, between themselves on the watch or clock to be followed during play.

NOTES 1. Apart from "Special Regulations" other conditions of play within the framework of Laws are frequently necessary, e.g. Hours of play, Intervals, etc.

2. The captains are entitled to know which clock or watch will be followed during play.

46. Before and during a match the Umpires shall ensure that the conduct of the game and the implements used are strictly in accordance with the Laws; they are the sole judges of fair and unfair play, and the final judges of the fitness of the ground, the weather and the light for play in the event of the decision being left to them; all disputes shall be determined by them, and if they disagree the actual state of things shall continue. The Umpires shall change ends after each side has had one innings.

NOTES 1. An umpire should stand where he can best see any act upon which his decision may be required. Subject to this over-riding consideration the umpire at the bowler's end should stand where he does not interfere with either the bowler's run up or the striker's view. The other umpire may elect to stand on the off instead of the leg side of the pitch, provided he informs the captain of the fielding side and the striker of his intention to do so.

2. The umpires must not allow the attitude of the players or spectators to influence their decisions under the Laws.

3. A code of signals for umpires is laid down in Notes to the relevant Laws; but an umpire must call as well as signal, if necessary, to inform the players and scorers.

4. Fair and Unfair Play.

(i) The umpires are entitled to intervene without appeal in the case of unfair play, but should not otherwise interfere with the progress of the game, except as required to do so by the Laws.

(ii) In the event of a player failing to comply with the instructions of an umpire or criticising his decisions, the umpires should in the first place request the captains to take action, and if this proves ineffective, report the incident forthwith to the executives of the teams taking part in the match.

(iii) It is illegal for a player to lift the team of the ball in order to obtain a better hold. In such a case the umpire will if necessary change the ball for one which has had similar wear, and will warn the captain that the practice is unfair. The use of resin, wax, etc., by bowlers is also unfair, but a bowler may dry the ball when wet on a towel or with sawdust.

(iv) An umpire is justified in intervening under this Law should any player of the fielding side incommode the striker by any noise or motion while he is receiving a ball.

(v) It is the duty of umpires to intervene and prevent players from causing damage to the pitch which may assist the bowlers.

(vi) The persistent bowling of the fast short-pitched balls is unfair if, in the opinion of the umpire at the bowler's end, it constitutes a systematic

attempt at intimidation. In such event he must adopt the following procedure :

(a) When he decides that such bowling is becoming persistent he forthwith "cautions" the bowler.

(b) If this "caution" is ineffective, he informs the captain of the fielding side and the other umpire of what has occurred.

(c) Should the above prove ineffective, the umpire at the bowler's end must:

(i) At the first repetition call "Dead Ball", when the over is regarded as completed.

(ii) Direct the captain of the fielding side to take the bowler off forthwith. The captain shall take the bowler off as directed.

(iii) Report the occurrence to the captain of the batting side as soon as an interval of play takes place.

A bowler who has been "taken off" as above may not bowl again during the same innings.

(vii) Any attempt by the batsman to *steal a run* during the bowler's run up is unfair. Unless the bowler throws a ball at either wicket (see Laws 26, Note 2, and 27, Note 2), the umpire should call "Dead Ball" as soon as the batsman cross in any such attempt to run, after which they return to their original wickets.

(viii) No player shall leave the field for the purpose of having a rub down or shower while play is actually in progress.

5. Ground, Weather and Light. (i) Unless agreement to the contrary is made before the start of a match, the captains (during actual play the batsmen at the wickets may deputise for their captain) may elect to decide in regard to the fitness of the ground, weather or light for play; otherwise or in the event of disagreement, the umpires are required to decide.

(ii) Play should only be suspended when the conditions are so bad that it is unreasonable or dangerous for it to continue. The ground is unfit for play when water stands on the surface or when it is so wet or slippery as to deprive the batsmen or bowlers of a reasonable foothold, or the fieldsmen of the power of free movement. Play should not be suspended merely because the grass is wet and the ball slippery.

(iii) After any suspension of play, the captains, or if the decision has been left to them, the umpires, unaccompanied by any of the players, will without further instructions carry out an inspection immediately the conditions improve, and will continue to inspect at intervals. Immediately the responsible parties decide that play is possible, they must call upon the players to resume the game.

47. Appeals. The Umpires shall not order a Batsman out unless appealed to by the other side which shall be done prior

to the delivery of the next ball, and before "Time" is called under Law 18. The Umpire at the Bowler's wicket shall answer appeals before the other Umpire in all cases except those arising out of Laws 38 or 42 and out of Law 41 for run out at the Striker's wicket. In any case in which an umpire is unable to give a decision, he shall appeal to the other Umpire whose decision shall be final.

NOTES 1. An appeal, "How's that?" covers all ways of being out (within the jurisdiction of the umpire appealed to), unless a specific way of getting out is stated by the person asking. When either umpire has given a batsman "Not out" the other umpire may answer any appeal within his jurisdiction, provided it is made in time.

2. The umpire signals "Out" by raising the index finger above the head. If the batsman is not out, the umpire calls "Not out".

3. An umpire may alter his decision provided that such alteration is made promptly.

4. Nothing in this Law prevents an umpire before giving a decision from consulting the other umpire on a point of fact which the latter may have been in a better position to observe. An umpire should not appeal to the other umpire in cases on which he could give a decision merely because he is unwilling to give that decision. If after consultation he is still in any doubt, the principle laid down in Law 46 applies and the decision will be in favour of the batsman.

5. The umpires should intervene if satisfied that a batsman, not having been given out, has left his wicket under a misapprehension.

6. Under Law 25 the ball is "Dead" on "Over" being called; this does not invalidate an appeal made prior to the first ball of the following "Over", provided the bails have not been removed by both umpires after "Time" has been called.

NOTES FOR SCORERS AND UMPIRES

1. (a) Law 4 explains the status of the scorers in relation to the umpires.

(b) During the progress of the game, if two scorers have been appointed, they should frequently check the total to ensure that the score sheets agree.

(c) The following methods of entering "No Balls" and "Wides" (Laws 27 and 29) in the score sheet is recommended:—

(i) If no run is scored from the bat off a "No Ball," the latter should be entered as an "Extra", and a dot placed in the bowing analysis with a circle round it to show that the ball does not count in the over.

(ii) If runs are scored from the bat off a "No Ball," they should be credited to the striker, and entered in the bowing analysis with a

circle round the figure. Such runs count against the bowler in his analysis even though the ball does not count in the over.

(iii) All runs scored from "Wide Balls" are entered as "Extras", and inserted in the bowler's analysis with a cross to indicate that the ball does not count in the over.

2. The following code of signalling between the umpires and the scorers has been approved:

Boundaries—by waving the hand from side to side.

A boundary six—by raising both arms above the head.

Byes—by raising the open hand above the head.

Leg Byes—by touching a raised knee with the hand.

Wides—by extending both arms horizontally.

No Balls—by extending one arm horizontally.

The decision "Out"—by raising the index finger above the head.

"One Short"—by bending the arm upwards and by touching the top of the nearest shoulder with the tips of the fingers of one hand.

3. If the above instructions are properly carried out, cases of disagreement as regards the scores and the results of matches should not occur.

It is, however, important that the captains should satisfy themselves of the correctness of the scores on the conclusion of play, as errors cannot subsequently be corrected.

It should be noted that, in general, by accepting the result notified by the scorers, the captain of the losing side has thereby acquiesced in the "playing out or giving up" of the match as stated in Law 22.

REGULATIONS FOR DRYING THE PITCH AND GROUND IN FIRST-CLASS MATCHES

N.B. These regulations are primarily designed for First-class Cricket, and their application in whole or in part in other grades of Cricket is at the discretion of the ground, etc., authorities.

1. Except as provided below, the existing regulations in regard to the rolling of the pitch and the fitness of the ground for play shall apply. (See Laws 10, 12 and 46.)

2. (i) To enable play to proceed with the least possible delay after rain, the Groundsman shall adopt every practical means to protect or rid the surface of the ground, other than the pitch, of water or dampness at any time except while play is in progress.

(ii) Prior to tossing for choice of innings the artificial drying of the pitch and outfield shall be at the discretion of the Groundsman. Thereafter and throughout the match the drying of the outfield may be undertaken at any time by the Groundsman, but the drying of the pitch shall be carried out only on the instructions and under the supervision of the Umpires. The Umpires shall be empowered to have the pitch dried without a

reference to the Captains at any time they are of the opinion that it is unfit for play.

(iii) In wet weather, the Umpires shall see that the footholes made by the bowlers and batsmen are cleaned, dried and filled up with sawdust at any time during the match, although the game is not actually in progress.

The Groundsman, without instructions from the Umpires, may also clean out in this way foot-holes, provided they are not on any one part of the pitch, more than 3ft. 6ins./1.07 m. in front of the popping creases.

The drying of the footholes on the pitch itself may be undertaken, as directed by the Umpires, at any time. The Umpires may also direct the Groundsman to protect against further rain, marks made by the bowlers, even though they be more than 3ft. 6ins./1.07 m. in front of the popping creases, provided they are not between wicket and wicket, with loose sawdust, which, however, shall be removed prior to the resumption of play.

(iv) The Umpires shall ascertain from the Groundsman before the commencement of a match, what equipment is available for drying the pitch artificially.

Any roller may be used, if the Umpires think desirable but only (except as laid down in paragraph 2(v)) for the purpose of drying the pitch and making it fit for play, and not otherwise. This would allow Umpires to roll the pitch after drying it, say with a light roller, for a minute or two, should they consider it desirable.

(v) When the artificial drying of the pitch, under the supervision of the Umpires, coincides with any interval during the match, after the toss for choice of innings, the Umpires, and not the Captain of the batting side shall select the roller to be used.

(vi) The fact that the Umpires may have dried the pitch artificially does not take the decision as regards the fitness of the pitch and ground for play out of the hands of the Captains even though the Umpires may have selected the roller to be used for the drying process. Law 46, Note 5 (i) is applicable in such cases.

FOOTBALL

LAW ONE

THE FIELD OF PLAY

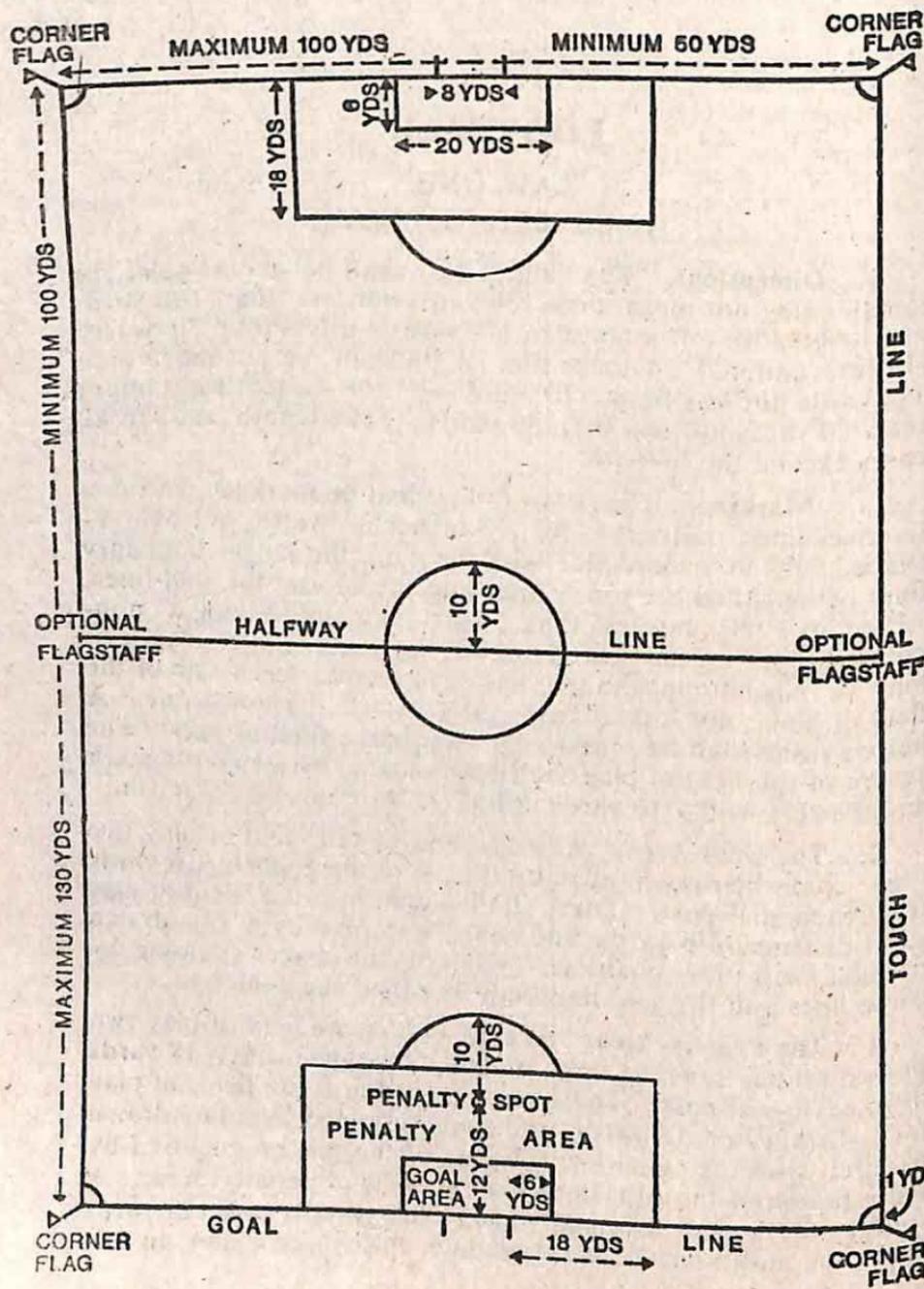
1. Dimensions. The field of play shall be rectangular, its length being not more than 130 yards nor less than 100 yards and its breadth not more than 100 yards nor less than 50 yards. (In International Matches the length shall be not more than 120 yards nor less than 110 yards and the breadth not more than 80 yards nor less than 70 yards.) The length shall in all cases exceed the breadth.

2. Marking. The field of play shall be marked with distinctive lines, not more than 5 inches in width, not by a V-shaped rut, in accordance with the plan, the longer boundary lines being called the touch lines and the shorter the goal-lines. A flag on a post not less than 5 feet high and having a non-pointed top, shall be placed at each corner; a similar flag-post may be placed opposite the half-way line on each side of the field of play, not less than 1 yard outside the touch-line. A half-way-line shall be marked out across the field of play. The centre of the field of play shall be indicated by a suitable mark and a circle with a 10 yards radius shall be marked round it.

3. The Goal-Area. At each end of the field of play two lines shall be drawn at right-angles to the goal-line, 6 yards from each goal-post. These shall extend into the field of play for a distance of 6 yards and shall be joined by a line drawn parallel with the goal-line. Each of the spaces enclosed by these lines and the goal-line shall be called the goal-area.

4. The Penalty-Area. At each end of the field of play two lines shall be drawn at right-angles to the goal-line, 18 yards from each goal-post. These shall extend into the field of play for a distance of 18 yards and shall be joined by a line drawn parallel with the goal-line. Each of the spaces enclosed by these lines and the goal-line shall be called a penalty-area. A suitable mark shall be made within each penalty area, 12 yards from the mid-point of the goal-line, measured along an un-

The Field of Play and appurtenances shall be as shown in the plan below.



drawn line at right angles thereto. These shall be the penalty-kick marks. From each penalty-kick mark an arc of a circle, having a radius of 10 yards, shall be drawn outside the penalty area.

5. The Corner-Area. From each corner-flag post a quarter circle, having a radius of 1 yard, shall be drawn inside the field of play.

6. The Goals. The goals shall be placed on the centre of each goal-line and shall consist of two upright posts, equidistant from the corner-flags and 8 yards apart (inside measurement), joined by a horizontal cross-bar the lower edge of which shall be 8 ft. from the ground. The width and depth of the goal-posts and the width and depth of the cross-bars shall not exceed 5 inches (12 cm). The goal-posts and the cross-bars shall have the same width.

Nets may be attached to the posts, cross-bars and ground behind the goals. They should be appropriately supported and be so placed as to allow the goalkeeper ample room.

INTERNATIONAL BOARD DECISIONS

1. In International matches the dimensions of the field of play shall be: maximum 110 metres \times 75 metres; minimum 100 metres \times 64 metres.

2. National Associations must adhere strictly to these dimensions. Each National Association organizing an International Match must advise the Visiting Association, before the Match, of the place and the dimensions of the field of play.

3. The board has approved this table of measurements for the Laws of the Game.

	Metres		Metres
130 yards	120	1 yard	1
120 yards	110	8 feet	2.44
110 yards	100	5 feet	1.50
100 yards	90	28 inches	0.71
80 yards	75	27 inches	0.68
70 yards	64	9 inches = 0.22 metres	
50 yards	45	5 inches	0.12
18 yards	16.50.	½ inch	12.7 mm

	<i>Metres</i>		<i>Metres</i>
12 yards	11	$\frac{3}{8}$ inch	10 mm
10 yards	9.15	14 ozs.=396 grammes	
8 yards	7.30	16 ozs.=453 grams	
6 yards	5.50	15 lb/sq.in.=1 kg/cm ²	

4. The goal-line shall be marked the same width as the depth of the goal-posts and the cross-bar so that the goal-line and the goal-posts will conform to the same interior and exterior edges.

5. The 6 yards (for the outline of the goal-area) and the 18 yards (for the outline of the penalty-area) which have to be measured along the goal-line, must start from the inner sides of the goal-posts.

6. The space within the inside areas of the field of play includes the width of the lines marking these areas.

7. All Associations shall provide standard equipment, particularly in International Matches, when the Laws of the Game must be complied with in every respect and especially with regard to the size of the ball and other equipment which must conform to the regulations. All cases of failure to provide standard equipment must be reported to F.I.F.A.

8. In a match played under the rules of a competition if the cross-bar becomes displaced or broken play shall be stopped and the match abandoned unless the cross-bar has been repaired and replaced in position or a new one provided without such being a danger to the players. A rope is not considered to be a satisfactory substitute for a cross-bar.

In a friendly match, by mutual consent, play may be resumed without the cross-bar provided it has been removed and no longer constitutes a danger to the players. In these circumstances, a rope may be used as a substitute for a cross-bar. If a rope is not used and the ball crosses the goal-line at a point which in the opinion of the Referee is below where the cross-bar should have been he shall award a goal.

The game shall be restarted by the Referee dropping the ball at the place where it was when play was stopped.

9. National Associations may specify such maximum and minimum dimensions for the cross-bars and goal-posts, within

the limits laid down in Law 1, as they consider appropriate.

10. Goal-posts and cross-bars must be made of wood, metal or other approved material as decided from time to time by the International F.A. Board. They may be square, rectangular, round, half round, or elliptical in shape. Goal-posts and cross-bars made of other materials and in other shapes are not permitted.

11. 'Curtain-raisers' to International matches should only be played following agreement on the day of the match, and taking into account the condition of the field of play, between representatives of the two Associations and the referee (of the International match).

12. National Associations, particularly in International matches, should restrict the number of photographers around the field of play, have a line ('photographers' line') marked behind the goal-lines at least two metres from the corner-flag going through a point situated at least 3.5 metres behind the intersection of the goal-line with the line marking the goal area to a point situated at least six metres behind the goal-posts, prohibit photographers from passing over these lines and forbid the use of artificial lighting in the form of 'flash-lights'.

Advice to Referees. Visit the ground in good time before a match to see that everything is in order. If through bad weather or negligence the state of the ground is such that it may endanger the players, refuse to sanction play. If the lines are not properly marked see that, if time allows, it is done before the match.

Be insistent that flagposts are not less than 5 ft. high; shorter ones are dangerous.

Never allow tape or any other substance not of a rigid nature to be used instead of a cross-bar.

Goal-posts should be painted white.

Examine the goal-nets before every match, seeing that they are properly pegged down and that there are no holes in them.

Advice to Secretaries. To enable the players to take corner-kicks properly and to avoid danger from collision it is desirable that sufficient space be allowed between the touch-lines and any fencing round the playing pitch.

The most general size is 115 yards by 75 yards, but the Rules of Competitions in which clubs take part should be studied.

The home club is responsible for the proper making of the ground. When necessary, and if practicable, the goal-lines and the penalty-area line should be re-marked during the half-time interval.

Light-coloured flags should be used.

Measurements of the goal-area and of the penalty-area along the goal line begin from the inside of each goal-post.

Goal-posts should be painted white.

The following criteria should be observed in the marking of fields of play :

- (a) the materials should not be dangerous (i.e. not unslaked lime or creosote);
- (b) They must not protrude above the surface;
- (c) they should not be placed in ruts or hollows;
- (d) they should be easily visible according to the nature of the surface of the ground;
- (e) they should have a high degree of stability.

Advice to Players. Learn the laws thoroughly. Only in this way will you be able to become really good at and get the maximum enjoyment from the game. If all players had a full understanding of the Laws, including the Referees' powers, there would be fewer disputes, which so often lead to the cau-

tioning of players.

Goalkeepers, in an effort to save a shot or to get hold of the ball, sometimes intentionally seize the bar and pull it down. Such action ranks as misconduct.

LAW TWO

THE BALL

The ball shall be spherical; the outer casing shall be of leather or other approved materials. No material shall be used in its construction which might prove dangerous to the players.

The circumference of the ball shall not be more than 28 inches and not less than 27 inches. The weight of the ball at the start of the game shall not be more than 16 oz. nor less than 14 oz. The pressure shall be equal to 0.6-0.7 atmosphere, which equals 9.0-10.5 lb/sq. in. (=600.700 gr/cm²) at sea level. The ball shall not be changed during the game unless authorized by the referee.

INTERNATIONAL BOARD DECISIONS

1. The ball used in any match shall be considered the property of the Association or Club on whose ground the match is played, and at the close of play it must be returned to the referee.

2. The International Board, from time to time, shall decide what constitutes approved materials. Any approved material shall be certified as such by the International Board.

3. The Board has approved these equivalents of the weights specified in the Law:

14 to 16 ounces = 396 to 453 grammes.

4. If the ball bursts or becomes deflated during the course of a match, the game shall be stopped and restarted by dropping the new ball at the place where the first ball became defective.

5. If this happens during a stoppage of the game (place-kick, goal-kick, corner-kick, free-kick, penalty-kick or throw-in) the game shall be restarted accordingly.

Advice to Secretaries. The Home club should supply the ball. See that it is fully inflated. Have reserve balls close at hand.

Advice to Referees. Note which players are acting as goalkeepers at the start of the game; until informed of a change, allow no other player to take up or claim the privileges attached to the position.

Do not referee a six-a-side or other irregular competition where gate money is taken, unless the consent of the appropriate County Association has been obtained.

Advice to Secretaries. The Football Association holds every club responsible for the behaviour of its players.

Provide a private way for players and officials from dressing rooms to the ground, wherever possible.

Secretaries are responsible for ascertaining that all competitions in which their clubs compete are properly sanctioned.

Advice to Players. Remember that if the goalkeeper is changed during the game the Referee must be notified before such change is made.

LAW FOUR PLAYERS' EQUIPMENT

A player shall not wear anything which is dangerous to another player. Footwear (boots or shoes) must conform to the following standard:

(a) Bars shall be made of leather or rubber and shall be transverse and flat, not less than half an inch in width and shall extend the total width of the sole and be rounded at the corners.

(b) Studs which are independently mounted on the sole and are replaceable shall be made of leather, rubber, aluminium, plastic or similar material and shall be solid. With the exception of that part of the stud forming the base, which shall not protrude from the sole more than one quarter of an inch, studs shall be round in plan and not less than half an inch in diameter. Where studs are tapered, the minimum diameter of any section of the stud must not be less than half an inch. Where metal seating for the screw type is used, this seating must be embedded in the sole of the footwear and any attachment screw shall be part of the stud. Other than the metal

seating for the screw type of stud, no metal plates even though covered with leather or rubber shall be worn, neither studs which are threaded to allow them to be screwed on to a base screw that is fixed by nails or otherwise to the soles of footwear, nor studs which, apart from the base, have any form of protruding edge rim, or relief marking, or ornament, should be allowed.

(c) Studs which are moulded as an integral part of the sole and are not replaceable shall be made of rubber, plastic, polyurethane or similar soft materials. Provided that there are no fewer than ten studs on the sole, they shall have a minimum diameter of three-eights of inch (10 mm). Additional supporting material to stabilize studs of soft materials, and ridges which shall not protrude more than 5 mm from the sole and moulded to strengthen it, shall be permitted provided that they are in no way dangerous to other players. In all other respects they shall conform to the general requirements of this law.

(d) Combined bars and studs may be worn, provided the whole conforms to the general requirements of this law. Neither bars nor studs on the soles shall project more than three-quarters of an inch. If nails are used they shall be driven in flush with the surface.

The goalkeeper shall wear colours which distinguish him from the other players and from the referee.

Punishment. For any infringement of this Law, the player at fault shall be sent off the field of play to adjust his equipment and he shall not return without first reporting to the Referee, who shall satisfy himself that the player's equipment is in order; the player shall only re-enter the game at a moment when the ball has ceased to be in play.

INTERNATIONAL BOARD DECISIONS

1. The usual equipment of a player is a jersey or shirt, shorts, stockings and footwear. In a match played under the rules of a competition, players need not wear boots or shoes, but shall wear jersey or shirt, shorts, or track suit or similar trousers, and stockings.

2. The Law does not insist that boots or shoes must be worn. However, in competition matches Referees should not

allow one or a few players to play without footwear when all the other players are so equipped.

3. In International Matches, International Competitions, International Club Competitions and friendly matches between clubs of different National Associations, the Referee, prior to the start of the match, shall inspect the players' footwear, and prevent any player whose footwear does not conform to the requirements of this Law from playing until such time as it does comply.

The rules of any competition may include a similar provision.

4. If the Referee finds that a player is wearing articles not permitted by the Laws and which may constitute a danger to other players, he shall order him to take them off. If he fails to carry out the Referee's instruction, the player shall not take part in the match.

5. A player who has been prevented from taking part in the game or a player who has been sent off the field for infringing Law 4 *must* report to the Referee during a stoppage of the game and may not enter or re-enter the field of play unless and until the Referee has satisfied himself that the player is no longer infringing Law 4.

6. A player who has been prevented from taking part in a game or who has been sent off because of an infringement of Law 4, and who enters or re-enters the field or play to join or rejoin his team in breach of the conditions of Law 12, shall be cautioned.

If the Referee stops the game to administer the caution, the game shall be restarted by an indirect free-kick, taken by a player of the opposing side, from the place where the ball was when the Referee stopped the game.

Advice to Referees. If asked to do so, examine the players' boots or other equipment before the match or during the interval. If you have any reason for doubt you may require to examine a player's boots, etc., at any time.

For infringement of this Law there is no need to wait for appeal; having noted the offence, enforce the punishment immediately. The offence need not be reported.

Advice to Secretaries. Make sure that all the members of your club know the official requirements with regard to equipment. Warn them that many of the boots sold are incorrect.

Advice to Players. Be sure that your boots, etc., are in accordance with this Law, for if the Referee's attention is drawn to the irregularity during the progress of a game, you may be sent off and your services temporarily lost your side. If doubtful about them, ask the Referee before the match or during the interval. Keep your studs in good repair, for if they wear away and expose the nails, it is an infringement of Law 4.

LAW FIVE REFEREES

A referee shall be appointed to officiate in each game. His authority and the exercise of the powers granted to him by the Laws of the game commence as soon as he enters the field of play.

His power of penalizing shall extend to offences committed when play has been temporarily suspended, or when the ball is out of play. His decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

He shall:

- (a) Enforce the Laws.
- (b) Refrain from penalizing in cases where he is satisfied that, by doing so, he would be giving an advantage to the offending team.
- (c) Keep a record of the game; act as timekeeper and allow the full or agreed time, adding thereto all time lost through accident or other cause.
- (d) Have discretionary power to stop the game for any infringement of the Laws and to suspend or terminate the game whenever, by reasons of the elements, interference by spectators, or other cause, he deems such stoppage necessary. In such a case he shall submit a detailed report to the competent authority, within the stipulated time, and in accordance with the provisions set up by the National Association under whose

jurisdiction the match was played. Reports will be deemed to be made when received in the ordinary course of post.

(e) From the time he enters the field of play, caution any player guilty of misconduct or ungentlemanly behaviour and if he persists, suspend him from further participation in the game. In such cases the Referee shall send the name of the offender to the competent authority, within the stipulated time,* and in accordance with the provisions set up by the National Association under whose jurisdiction the match was played. Reports will be deemed to be made when received in the ordinary course of post.

(f) Allow no person other than the players and Linesmen to enter the field of play without his permission.

(g) Stop the game if, in his opinion, a player has been seriously injured; have the player removed as soon as possible from the field of play, and immediately resume the game. If a player is slightly injured, the game shall not be stopped until the ball has ceased to be in play. A player who is able to go to the touch-or goal-line for attention of any kind, shall not be treated on the field of play.

(h) Send off the field of play, any player who, in his opinion, is guilty of violent conduct, serious foul play, or the use of foul or abusive language.

(i) Signal for recommencement of the game after all stoppages.

(j) Decide that the ball provided for a match meets with the requirements of Law 2.

INTERNATIONAL BOARD DECISIONS

1. Referees in International Matches shall wear a *blazer* or blouse the colour of which is distinctive from the colours worn by the contesting teams.

2. Referees for International Matches will be selected from a neutral country unless the countries concerned agree to appoint their own officials.

* In England, within two days Sundays not included.

3. The Referee must be chosen from the official list of International Referees. This need not apply to Amateur and Youth International matches.

4. The Referee shall report to the appropriate authority misconduct or any misdemeanour the part of spectators, officials, players, named substitutes or other persons which take place either on the field of play or in its vicinity at any time prior to, during, or after the match in question so that appropriate action can be taken by the authority concerned.

5. Linesmen are assistants of the Referee. In no case shall the Referee consider the intervention of a Linesman if he himself has seen the incident and from his position on the field, is better able to judge. With this reserve, and the Linesman neutral, the Referee can consider the intervention and if the information of the Linesman applies to that phase of the game immediately before the scoring of a goal, the Referee may act thereon and cancel the goal.

6. The Referee, however, can only reverse his first decision so long as the game has not been restarted.

7. If the Referee has decided to apply the advantage clause and to let the game proceed, he cannot revoke his decision if the presumed advantage has not been realized, even though he has not, by any gesture, indicated his decision. This does not exempt the offending player from being dealt with by the Referee.

8. The Laws of the Game are intended to provide that games should be played with as little interference as possible, and in this view it is the duty of Referees to penalize only deliberate breaches of the Law. Constant whistling for trifling and doubtful breaches produces bad feeling and loss of temper on the part of the players and spoils the pleasure of spectators.

9. By para. (d) of Law 5 the Referee is empowered to terminate a match in the event of grave disorder, but he has no power or right to decide, in such event, that either team is disqualified and thereby the loser of the match. He must send a detailed report to the proper authority who alone has power to deal further with this matter.

10. If a player commits two infringements of a different

nature at the same time, the Referee shall punish the more serious offence.

11. It is the duty of the Referee to act upon the information of neutral Linesmen with regard to incidents that do not come under the personal notice of the Referee.

12. The Referee shall not allow any person to enter the field until play has stopped, and only then, if he has given him a signal to do so, nor shall he allow coaching from the boundary lines.

Advice to Referees. To referee in such a way that you will win the respect of players and spectators:

- (a) Learn and understand every Law.
- (b) Be absolutely fair and impartial in every decision.
- (c) Keep physically fit and in good training.

Occasionally a player may deliberately waste time; he should be cautioned.

Only suspend or terminate a match on account of the weather after very careful consideration.

When cautioning a player, state he is being cautioned and inquire his name, and that if he is again considered to be guilty of ungentlemanly behaviour he will be ordered off the field.

Note the procedure if a player is cautioned; a Referee who fails to report misconduct which came under his notice may be suspended, if it is proved to the satisfaction of the Council that the case of misconduct should have been further investigated.

Compare watches with the Linesmen, both before the game and at half-time.

Do not trust to memory alone in keeping a record of the game; note on paper the time of start, and the time at which, if no extra time has to be allowed, half-time and the end of the game will fall due.

Note also the goals as they are scored.

The application of the provisions of (g) should be strictly observed.

Advice to Secretaries. The home club is responsible for the

welfare of the Referee and Linesmen, before, during and after the match, and on leaving the ground.

Notoriously bad characters should be refused admission to the ground. Post bills respecting misconduct towards the Referee, threatening immediate expulsion of any spectator so guilty.

The Referee chosen must be one on the official list, except in exceptional and emergency circumstances.

Trainers may not enter the field of play except with special permission of the Referee.

Advice to Players. Never question the Referee's decision, for on points of fact connected with the play they are final.

If any argument does arise, always support the Referee.

Any misconduct towards a Referee away from the field of play will be dealt with as if the offence had been committed on the field.

Do not draw attention to yourself if you get an injury which is only slight. The Referee will see that you have attention in any serious accident.

LAW SIX LINESMEN

Two Linesmen shall be appointed, whose duty (subject to the decision of the Referee) shall be to indicate when the ball is out of play and which side is entitled to the corner-kick, goal-kick, or throw-in. They shall also assist the Referee to control the game in accordance with the Laws. In the event of undue interference or improper conduct by a Linesman, the Referee shall dispense with his services and arrange for a substitute to be appointed. (The matter shall be reported by the Referee to the competent authority.) The Linesmen should be equipped with flags by the Club on whose ground the match is played.

INTERNATIONAL BOARD DECISIONS

1. Linesmen where neutral shall draw the Referee's attention to any breach of the Laws of the Game of which they become aware if they consider that the Referee may not have

seen it, but the Referee shall always be the judge of the decision to be taken.

2. National Associations are advised to appoint official Referees of neutral nationality to act as Linesmen in International Matches.

3. In International Matches, Linesmen's flags shall be of a vivid colour—bright reds and yellows. Such flags are recommended for use in all other matches.

4. A Lineman may be subject to disciplinary action only upon a report of the Referee for unjustified interference or insufficient assistance.

Advice to Referees. A Linesman who sees an incident on the field of play likely to bring disrepute on the game which the Referee has failed to notice, should immediately report it to him.

Co-operation with Referee: see pages 39 and 40.

LAW SEVEN DURATION OF THE GAME

The duration of the game shall be two equal periods of 45 minutes, unless otherwise mutually agreed upon, subject to the following :

(a) Allowance shall be made in either period for all time lost through accident or other cause, the amount of which shall be a matter for the discretion of the Referee.

(b) Time shall be extended to permit of a penalty kick being taken at or after the expiration of the normal period in either half.

At half-time the interval shall not exceed five minutes except by consent of the Referee.

INTERNATIONAL BOARD DECISIONS

1. If a match has been stopped by the Referee, before the completion of the time specified in the rules, for any reason stated in Law 5 it must be replayed in full unless the rules of the competition concerned provide for the result of the match at the time of such stoppage to stand.

2. Players have a right to an interval at half-time.

Advice to Referees. A Referee has no power to set aside the Rules of Cup and other Competitions where the time to be played is specified.

Normal period means 90 minutes, or if a shorter period is mutually agreed upon and is permissible under the Rules of the Competition the period should be divided in equal halves.

LAW EIGHT THE START OF PLAY

(a) At the beginning of the game; choice of ends and the kick-off shall be decided by the toss of a coin. The team winning the toss shall have the option of choice of ends or the kick-off.

The Referee having given a signal, the game shall be started by a player taking a place-kick (i.e., a kick at the ball while it is stationary on the ground in the centre of the field of play) into his opponents' half of the field of play. Every player shall be in his own half of the field and every player of the team opposing that of the kicker shall remain not less than 10 yards from the ball until it is kicked-off; it shall not be deemed in play until it has travelled the distance of its own circumference. The kicker shall not play the ball a second time until it has been touched or played by another player.

(b) After a goal has been scored; the game shall be restarted in like manner by a player of the team losing the goal.

(c) After half-time; when restarting after half-time, ends shall be changed and the kick-off shall be taken by a player of the opposite team to that of the player who started the game.

Punishment. For any infringement of this Law, the kick-off shall be re-taken, except in the case of the kicker playing the ball again before it has been touched or played by another player; for this offence, an indirect free-kick shall be taken by a player of the opposing team from the place where the infringement occurred. A goal shall not be scored direct from a kick-off.

(d) After any other temporary suspension; when restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these Laws, provided that immediately prior to the suspension the ball has not passed over the touch or goal-lines, the referee shall drop the ball at the place where it was when play was suspended and it shall be deemed in play when it has touched the ground; if, however, it goes over the touch—or goal-lines after it has been dropped by the Referee, but before it is touched by a player, the Referee shall again drop it. A player shall not play the ball until it has touched the ground. If this section of the Law is not complied with the Referee shall again drop the ball.

INTERNATIONAL BOARD DECISIONS

1. If, when the Referee drops the ball; a player infringes any of the Laws before the ball has touched the ground, the player concerned shall be cautioned or sent off of the field according to the seriousness of the offence, but a free-kick cannot be awarded to the opposing team because the ball was not in play at the time of the offence. The ball shall therefore be again dropped by the Referee.

2. Kicking-off by persons other than the players competing in a match is prohibited.

Advice to Referees. Note which side kicked-off; the kick must be taken by a player competing in the match.

Do not permit any encroachment until the ball is kicked-off.

Limit the half-time interval to 5 minutes, unless in very exceptional circumstances.

When extra time is necessary, play shall be restarted according to (a). The interval between the end of the normal period of play and the start of the extra period shall be under the jurisdiction of the Referee.

Advice to Secretaries. The kick-off must be taken by a player competing in the match.

Advice to Players. Many players, when the whistle sounds for the start, run inside the opponents' 10 yards' circle or cross the half-way line. This is wrong, as the game commences with the kick off, not with the Referee's signal.

In competitions where after a drawn game, extra time is necessary, the Captains must toss again for choice of ends, and the extra time must be divided into two equal portions.

LAW NINE BALL IN AND OUT OF PLAY

The ball is out of play :

(a) When it has wholly crossed the goal-line or touch-line, whether on the ground or in the air.

(b) When the game has been stopped by the Referee.

The ball is in play at all other times from the start of the match to the finish including :

(a) If it rebounds from a goal-post, cross-bar or corner-flag post into the field of play.

(b) If it rebounds off either the Referee or Linesmen when they are in the field of play.

(c) In the event of a supposed infringement of the Laws, until a decision is given.

INTERNATIONAL BOARD DECISIONS

1. The lines belong to the areas of which they are the boundaries. In consequence, the touch lines and the goal-lines belong to the field of play.

Advice to Referees. To prevent being touched by the ball or obstructing, Linesmen should, as far as possible, keep out of the field of play, although close to the touch-line.

If the ball, while in the air, goes over the touch-line, even if it lands in the field of play, it is out of play.

A signal must be given immediately the ball goes out of play, for, until this is done, the ball can be considered as in play. Decide and act quickly, and if uncertain, consult the Linesman.

If an appeal is to be refused, shake the head or say 'play on'. Once given, do not change the decision.

Advice to Players. Note that the *whole* of the ball must have crossed the goal-or touch-line before it is out of play; this clearly means that if the ball rolls *along* one of the lines, it is still in play.

In this Law particularly, play to the whistle not to the flag; a Linesman's signal is only intended for the Referee, and the latter is the only person empowered to give decisions.

LAW TEN METHOD OF SCORING

Except as otherwise provided by these Laws, a goal is scored when the whole of the ball has passed over the goal-line, between the goal-posts and under the cross-bar, provided it has not been thrown, carried or intentionally propelled by hand or arm, by a player of the attacking side, except in the case of a goalkeeper, who is within his own penalty area.

The team scoring the greater number of goals during a game shall be the winner; if no goals, or an equal number of goals are scored, the game shall be termed a 'draw'.

INTERNATIONAL BOARD DECISIONS

1. Law 10 defines the only method according to which a match is won or drawn; no variation whatsoever can be authorized.

2. A goal cannot in any case be allowed if the ball has been prevented by some outside agency from passing over the goal-line. If this happens in the normal course of play, other than at the taking of a penalty-kick, the game must be stopped and restarted by the Referee dropping the ball at the place where the ball came into contact with the interference.

3. If, when the ball is going into goal, a spectator enters the field before it passes wholly over the goal-line, and tries to prevent a score, a goal shall be allowed if the ball goes into goal, unless the spectator has made contact with the ball or has interfered with play, in which case the Referee shall stop the game and restart it by dropping the ball at the place where the contact or interference occurred.

Advice to Referee. To give an absolutely safe decision it is necessary to be close to the goal at the time of a shot, with a side view if possible. See pages 165 to 176.

In catching the ball, or fistng out a goalkeeper may sometimes let the ball, while in the air, pass into the goal; if certain the whole of the ball has passed the line, give a goal.

The words 'not been thrown' cover a throw-in from touch.

Advice to Secretaries. The goal-line must be marked from corner to corner including the space between the goal-posts.

See that the cross-bars are securely fixed.

LAW ELEVEN

OFF-SIDE

A player is off side if he is nearer his opponents' goal-line than the ball *at the moment the ball is played unless:*

- (a) He is in his own half of the field of play.
- (b) There are two of his opponents nearer to their own goal-line than he is.
- (c) The ball last touched an opponent or was last played by him.
- (d) He receives the ball direct from a goal-kick, a corner-kick, a throw-in, or when it was dropped by the Referee.

Punishment. For an infringement of this Law, an indirect free-kick shall be taken by a player of the opposing team from the place where the infringement occurred.

A player in an off-side position shall not be penalized unless, in the opinion of the Referee, he is interfering with the play or with an opponent, or is seeking to gain an advantage by being in an off-side position.

INTERNATIONAL BOARD DECISIONS

1. Off-side shall not be judged at the moment the player in question receives the ball, but at the moment when the ball is passed to him by one of his own side. A player who is not in an off-side position when one of his colleagues passes the ball to him or takes a free-kick, does not therefore become off-side if he goes forward during the flight of the ball.

Advice to Referees. Note particularly the last paragraph.

The deciding factor is where the player was at the moment the ball was played by a member of his own side; NOT, as is often thought, where he is when he himself plays the ball. It stands to reason that if a player is *not in front of* the ball when it is played, he cannot, even if he then runs forward, be off-side.

Remember that the Law applies also to times when a free-kick or penalty-kick is taken.

Advice to Players. There are important factors connected with this Law which will help you to understand and remember it:

(a) You cannot be penalized unless you are gaining an advantage from being off-side (see last para., Law 11). Therefore, if you do find yourself in an off-side position, keep clear of the play and neither interfere with nor inconvenience an opponent nor make a pretence of doing so. Be careful, too, not to obstruct the view of the goalkeeper.

(b) You will never be off-side if you take care to see that when the ball is played by a member of your own side you are not in front of the ball, or there are at least two opponents between you and their goal-line.

You cannot be off-side from a goal-kick, a corner-kick, a throw-in or when the ball is dropped by the Referee.

(c) If you are in an off-side position you cannot put yourself on-side. You can only be put on-side by an opponent playing the ball, or if you are *not in front* of the ball when it is next played by one of your own side or if the positions of your opponents change so as to become as in (b) above.

LAW TWELVE FOULS AND MISCONDUCT

A player who intentionally commits any of the following nine offences:

- (a) Kicks or attempts to kick an opponent;
- (b) Trips an opponent, i.e., throwing or attempting to throw him by the use of the legs or by stopping in front of or behind him;
- (c) Jumps at an opponent;
- (d) Charges an opponent in a violent or dangerous manner;
- (e) Charges an opponent from behind unless the latter be obstructing;

- (f) Strikes or attempts to strike an opponent;
 - (g) Holds an opponent;
 - (h) Pushes an opponent;
 - (i) Handles the ball, i.e., carries, strikes or propels the ball with his hand or arm. (This does not apply to the goalkeeper within his own penalty-area);
- shall be penalized by the award of a *direct free-kick* to be taken by the opposing side from the place where the offence occurred.

Should a player of the defending side intentionally commit one of the above nine offences within the penalty-area he shall be penalized by a *penalty kick*.

A penalty-kick can be awarded irrespective of the position of the ball, if in play, at the time an offence within the penalty-area is committed.

A player committing any of the five following offences:

1. Playing in a manner considered by the Referee to be dangerous, e.g., attempting to kick the ball while held by the goalkeeper;
2. Charging fairly, i.e., with the shoulder, when the ball is not within playing distance of the players concerned and they are definitely not trying to play it;
3. When not playing the ball, intentionally obstructing an opponent, i.e., running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent;
4. Charging the goalkeeper except when he—
 - (a) is holding the ball;
 - (b) is obstructing an opponent;
 - (c) has passed outside his goal-area,
5. When playing as goalkeeper
 - (a) takes more than 4 steps whilst holding, bouncing or throwing the ball in the air and catching it again without releasing it so that it is played by another player, or
 - (b) indulges in tactics which, in the opinion of the Referee, are designed merely to hold up the game and thus waste time

and so give an unfair advantage to his own team shall be penalized by the award of an *indirect free-kick* to be taken by the opposing side from the place where the infringement occurred.

A player shall be *cautioned* if :

(j) he enters or re-enters the field of play to join or re-join his team after the game has commenced, or leaves the field of play during the progress of the game (except through accident) without, in either case, first having received a signal from the Referee showing him that he may do so. If the Referee stops the game to administer the caution the game shall be restarted by an indirect free-kick taken by a player of the opposing team from the place where the ball was when the Referee stopped the game. If, however, the offending player has committed a more serious offence he shall be penalized according to that section of the law he infringed;

(k) he persistently infringes the Laws of the Game;

(l) he shows by word or action, dissent from any decision given by the Referee;

(m) he is guilty of ungentlemanly conduct.

For any of these last three offences, in addition to the caution an *indirect free-kick* shall also be awarded to the opposing side from the place where the offence occurred, unless a more serious infringement of the Laws of the Game was committed.

A player shall be *sent off* the field of play if :

(n) in the opinion of the Referee, he is guilty of violent conduct or serious foul play;

(o) he uses foul or abusive language;

(p) he persists in misconduct after having received a caution.

If play be stopped by reason of a player being ordered from the field for an offence without a separate breach of the Law having been committed, the game shall be resumed by an *indirect free-kick* awarded to the opposing side from the place where the infringement occurred.

INTERNATIONAL BOARD DECISIONS

1. If the goalkeeper either intentionally strikes an oppo-

nent by throwing the ball vigorously at him, or pushes him with the ball while holding it, the Referee shall award a penalty-kick, if the offence took place within the penalty-area.

2. If a player deliberately turns his back to an opponent when he is about to be tackled, he may be charged but not in a dangerous manner.

3. In case of body-contact in the goal-area between an attacking player and the opposing goalkeeper not in possession of the ball, the Referee, as sole judge of intention, shall stop the game if, in his opinion, the action of the attacking player was intentional, and award an indirect free-kick.

4. If a player leans on the shoulders of another player of his own team in order to head the ball, the referee shall stop the game, caution the player for ungentlemanly conduct and award an indirect free-kick to the opposing side.

5. A player's obligation when joining or rejoining his team after the start of the match to 'report to the Referee' must be interpreted as meaning to 'draw the attention of the Referee from the touch-line'. The signal from the Referee shall be made by a definite gesture which makes the player understand that he may come into the field of play; it is not necessary for the Referee to wait until the game is stopped (this does not apply in respect of an infringement of Laws 4), but the Referee is the sole judge of the moment in which he gives his signal of acknowledgement.

6. The letter and spirit of Law 12 do not oblige the Referee to stop a game to administer a caution. He may, if he chooses, apply the advantage. If he does apply the advantage, he shall caution the player when play stops.

7. If a player covers up the ball without touching it in an endeavour not to have it played by an opponent, he obstructs but does not infringe Law 12, para 3, because he is already in possession of the ball and covers it for tactical reasons whilst the ball remains within playing distance. In fact, he is actually playing the ball and does not commit an infringement: in this case, the player may be charged because he is in fact playing the ball.

8. If a player intentionally stretches his arms to obstruct

an opponent and steps from one side to the other, moving his arms up and down to delay his opponent, forcing him to change course, but does not make 'bodily contact' the Referee shall caution the player for ungentlemanly conduct and award an indirect free-kick.

9. If a player intentionally obstructs the opposing goal-keeper, in an attempt to prevent him from putting the ball into play in accordance with Law XII, 5 (a), the Referee shall award an indirect free-kick.

10. If after a Referee has awarded a free-kick a player protests violently by using abusive or foul language and is sent off the field, the free kick should not be taken until the player has left the field.

11. Any player, whether he is within or outside the field of play, whose conduct is ungentlemanly or violent, whether or not it is direct towards an opponent, a colleague, the referee, a linesman or other person, or who uses foul or abusive language, is guilty of an offence, and shall be dealt with according to the nature of the offence committed.

12. If in the opinion of the Referee a goalkeeper intentionally lies on the ball longer than is necessary, he shall be penalized for ungentlemanly conduct and

(a) be cautioned, and an indirect free-kick awarded to the opposing team;

(b) In case of repetition of the offence, be sent off the field.

13. The offence of spitting at opponents, officials or other persons, or similar unseemly behaviour, shall be considered as violent conduct within meaning of section (n) of Law 12.

14. If, when a referee is about to caution a player, and before he has done so, the player commits another offence which merits a caution, the player shall be sent off the field of play.

Advice to Referees. A thorough knowledge of every clause of this Law is absolutely essential, but its correct application depends on the Referee's ability to make up his mind *immediately* whether or not an offence is INTENTIONAL.

Take particular note that in Clause (c) it is jumping at an

opponent, and not jumping for the ball, that is a foul. There is no such thing as accidental jumping at an opponent.

In Clause (i) note that unless the hand or arm strikes or propels the ball it is not a foul; far too often a player is penalized when the ball touches his arm through no intentional action of his own.

It is possible for a player to charge an opponent fairly but at the wrong time, viz., when the ball is *not* within playing distance. If you consider that such action infringes this Law, it is a breach of section (2) and an indirect free-kick shall be awarded whether the offence be inside or outside the penalty area.

If the goalkeeper obstructs an opponent he may be charged even when in his goal-area. See that the goalkeeper is not unfairly charged, as he has so little chance of protecting himself when his attention is engaged with a coming shot.

The penalty-kick can only be awarded for the following nine offences, intentionally committed by a player of the defending side within the penalty-area :

- (a) Kicking or attempting to kick an opponent.
- (b) Tripping an opponent.
- (c) Jumping at an opponent.
- (d) Charging an opponent in a violent or dangerous manner.
- (e) Charging an opponent from behind unless the latter be obstructing.
- (f) Striking or attempting to strike an opponent.
- (g) Holding an opponent.
- (h) Pushing an opponent.
- (i) Handling the ball.

If any of these nine offences is committed by a player of either side outside the penalty-area or by a player of the attacking side inside the penalty-area, a direct free-kick should be awarded.

Do not allow players to crowd round you to question your decision or get you to change it.

Although a player is entitled to charge the goal-keeper

when the latter is in possession of the ball, i.e., holding the ball, it is not permissible for such a player to kick or attempt to kick the ball under such circumstances. The use of the foot amounts to dangerous play and should be dealt with accordingly, i.e. an indirect free-kick against the offender.

It is not necessary to wait until the ball is out of play or for a stoppage in the game before giving a signal to a player that he may join or rejoin his team.

Advice to Secretaries. Bring to the notice of the club committee misconduct on the part of any player. If a professional player persist in offending he should be dealt with under F.A. Rule 28, or in other cases be removed from membership.

Advice to Players. This is one of the most important Laws and you are bound to offend against it unless you learn and understand all the Laws. Try not to be penalized or even cautioned; it is natural that if a player has been cautioned, his subsequent offences are considered as more serious. The following points may help you to keep within the spirit as well as the letter of the Law :

(a) Never retaliate when fouled, for you at once become liable to punishment yourself and if you are ordered off you may be suspended.

(b) Realize that there is no such thing as accidental jumping at an opponent.

(c) Refrain from claiming for 'hands'. A Referee will act on his own initiative in such a matter; moreover, if you claim and the Referee considers the offence accidental, you will have put yourself and your team at a disadvantage.

(d) Keep your temper and do not appear annoyed if you are charged.

(e) It is no disgrace to be bowled over by a fair charge; you will probably go over straight away if an opponent catches you standing one foot. It will help you to learn a valuable lesson. Let your own charging, too, be fair and honest. Even if an opponent is intentionally obstructing you, you have no right to charge him in such a manner that you may do him injury.

(f) Accept the Referee's decisions without question; it is an offence to show dissent by word or action.

(g) When playing as goalkeeper, bear in mind that directly you leave the goal-area any opponent may charge you. As long as you are within your goal-area, provided you do not hold the ball or obstruct an opponent, you are protected under the Laws. The best advice possible to a goalkeeper is to get rid of the ball at once.

(h) Remember that no player may attempt to kick the ball when it is held by the goalkeeper. This may be considered by the Referee to be dangerous play and an indirect free-kick will result.

(i) Except through accident, no player may leave the field of play during the progress of the game without the Referee's permission. If a player has had to leave the field of play, or wishes to join his team after play has begun, he must receive a signal from the Referee that he may do so.

LAW THIRTEEN FREE-KICK

Free-kicks shall be classified under two heads: 'Direct' (from which a goal can be scored direct against the *offending side*), and 'Indirect' (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

When a player is taking a direct or an indirect free-kick inside his own penalty-area, all of the opposing players shall remain outside the area and shall be at least ten yards from the ball whilst the kick is being taken. The ball shall be in play immediately it has travelled the distance of its own circumference and is beyond the penalty-area. The goalkeeper shall not receive the ball into his hands, in order that he may thereafter kick it into play. If the ball is not kicked direct into play, beyond the penalty-area, the kick shall be retaken.

When a player is taking a direct or indirect free-kick outside his own penalty area, all of the opposing players shall be at least ten yards from the ball, until it is in play, unless they are standing on their own goal-line, between the goal-posts. The ball shall be in play when it has travelled the distance of its own circumference.

If a player of the opposing side encroaches into the penalty-area, or within ten yards of the ball, as the case may be, before a free-kick is taken, the Referee shall delay the taking of the kick, until the Law is complied with.

The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time, until it has been touched or played by another player.

Punishment. If the kicker after taking the free-kick, plays the ball a second time before it has been touched or played by another player an indirect free-kick shall be taken by a player of the opposing team from the spot where the infringement occurred.

INTERNATIONAL BOARD DECISIONS.

1. In order to distinguish between a direct and an indirect free-kick, the referee, when he awards an indirect free-kick, shall indicate accordingly by raising an arm above his head. He shall keep his arm in that position until the kick has been taken.

2. Players who do not retire to the proper distance when a free-kick is taken must be cautioned and on any repetition be ordered off. It is particularly requested of Referees that attempts to delay the taking of a free-kick by encroaching should be treated as serious misconduct.

3. If, when a free-kick is being taken, any of the players chance about or gesticulate in a way calculated to distract their opponents, it shall be deemed ungentlemanly conduct for which the offender(s) shall be cautioned.

Advice to Referees. Referees, when awarding an indirect free-kick, should indicate the decision by raising one arm above their head.

If in the opinion of the Referee the ball has not rolled completely over, or travelled the distance of its circumference, i.e. about 27 in., he must order it to be kicked off properly,

Note that the ball *must* be stationary before the kick is taken.

See that the kick is taken as quickly as possible; this is important, not only so that the game shall not be slowed down,

but because delay is unfair, particularly in the case of a kick from which a goal may be scored direct, as it enables the offending side to rearrange its defence.

The kick must not be taken until the Referee gives a signal, usually by whistle.

A player has been known to kick the ball directly into his own goal from a direct or indirect free-kick, in which case the Referee should award a corner-kick provided that in the case of a free-kick inside the penalty-area the ball had first been kicked into play. Otherwise the free-kick from inside the penalty-area will have to be retaken. If, however, a player kicks the ball directly into his opponents' goal from an indirect free-kick, the Referee should award a goal-kick to the opponents.

A goal cannot be scored direct from the kick-off, a goal-kick or from free-kicks resulting from the following breaches of the Laws :

(a) A player playing the ball a second time before it has been played by another player at

- (i) the kick-off,
- (ii) a throw-in,
- (iii) a free-kick,
- (iv) a penalty-kick,
- (v) a corner-kick,
- (vi) a goal-kick if the ball has passed outside the penalty-area.

(b) Interference with play in any way, when off-side.

(c) Carrying by the goalkeeper.

(d) Charging an opponent at the wrong time, the charge being otherwise fair.

(e) Obstructing an opponent.

(f) Dangerous play.

(g) Charging a goalkeeper who is within his own goal-area, except when he is holding the ball or obstructing an opponent.

(h) Ungentlemanly conduct.

(i) Causing the game to be stopped to allow the Referee

- (i) to caution a player for persistent infringement of the Laws or for dissenting ; or
- (ii) to order off a player persisting in misconduct after a caution or using foul or abusive language.

Advice to Players. Understand that the Referee has the power to refrain from awarding a free-kick if, in his opinion, it will benefit the offenders.

Some players cause delay by :

- (a) Trying to take free-kicks from places well away from those where the infringement took place;
- (b) Deliberately failing to move 10 yards away from the ball when a member of the opposing team is about to take a free-kick, in order to allow the defence to get into position.

Such conduct brings the game into disrepute.

If, however, a free-kick is taken from a distance less than 10 yards from the goal-line the defending team may take up a position on the goal-line between the posts.

LAW FOURTEEN PENALTY-KICK

A penalty-kick shall be taken from the penalty-mark and, when it is being taken, all players with the exception of the player taking the kick, and the opposing goalkeeper, shall be within the field of play but outside the penalty-area, and at least 10 yards from the penalty-mark. The opposing goalkeeper must stand (without moving his feet) on his own goal-line, between the goal-posts, until the ball is kicked. The player taking the kick must kick the ball forward; he shall not play the ball a second time until it has been touched or played by another player. The ball shall be deemed in play directly it is kicked, i.e. travelled the distance of its circumference, and a goal may be scored direct from such a penalty-kick. If the ball touches the goalkeeper before passing between the posts, when a penalty-kick is being taken at or after the expiration of half-time or full-time, it does not nullify a goal. If necessary, time of play shall be extended at half-time or full-time to allow a penalty-kick to be taken.

Punishment. For any infringement of this Law :

- (a) by the defending team, the kick shall be retaken if a goal has not resulted;
- (b) by the attacking team, other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken.
- (c) by the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred.

INTERNATIONAL BOARD DECISIONS

1. When the referee has awarded a penalty-kick, he shall not signal for it to be taken, until the players have taken up position in accordance with the Law.

2. (a) If, after the kick has been taken, the ball is stopped in its course towards goal, by an outside agent, the kick shall be retaken.

(b) If, after the kick has been taken, the ball rebounds into play, from the goalkeeper, the cross-bar or a goal-post, and is then stopped in its course by an outside agent, the referee shall stop play and restart it by dropping the ball at the place where it came into contact with the outside agent.

3. (a) If, after having given the signal for a penalty-kick to be taken, the referee sees that the goalkeeper is not in his right place on the goal-line, he shall, nevertheless, allow the kick to proceed. It shall be retaken, if a goal is not scored.

(b) If, after the referee has given the signal for the penalty-kick to be taken, and before the ball has been kicked, the goalkeeper moves his feet, the referee shall, nevertheless, allow the kick to proceed. It shall be retaken, if a goal is not scored.

(c) If, after the referee has given the signal for a penalty-kick to be taken, and before the ball is in play, a player of the defending team encroaches into the penalty-area, or within ten yards of the penalty-mark, the referee shall, nevertheless, allow the kick to proceed. It shall be retaken, if a goal is not scored.

The player concerned shall be cautioned.

4. (a) If, when a penalty-kick is being taken, the player taking the kick is guilty of ungentlemanly conduct, the kick, if already taken, shall be retaken, if a goal is scored.

The player concerned shall be cautioned.

(b) If, after the referee has given the signal for a penalty-kick to be taken, and before the ball is in play, a colleague of the player taking the kick encroaches into the penalty-area or within ten yards of the penalty-mark, the referee shall, nevertheless, allow the kick to proceed. If a goal is scored, it shall be disallowed, and the kick retaken.

The player concerned shall be cautioned.

(c) If, in the circumstances described in the foregoing paragraph, the ball rebounds into play from the goalkeeper, the cross-bar or a goal-post, the Referee shall stop the game, caution the player and award an indirect free-kick to the opposing team from the place where the infringement occurred.

5. (a) If, after the referee has given the signal for a penalty-kick to be taken, and before the ball is in play, the goalkeeper moves from his position on the goal-line, or moves his feet, and a colleague of the kicker encroaches into the penalty-area or within 10 yards of the penalty-mark, the kick, if taken, shall be retaken.

The colleague of the kicker shall be cautioned.

(b) If, after the referee has given the signal for a penalty-kick to be taken, and before the ball is in play, a player of each team encroaches into the penalty-area, or within 10 yards of the penalty-mark, the kick, if taken, shall be retaken.

The players concerned shall be cautioned.

6. When a match is extended, at half-time or full-time, to allow a penalty-kick to be taken or retaken, the extension shall last until the moment that the penalty-kick has been completed, i.e. until the referee has decided whether or not a goal is scored.

A goal is scored when the ball passes wholly over the goal-line.

- (a) direct from the penalty-kick,
- (b) having rebounded from either goal-post or the cross-bar, or
- (c) having touched or been played by the goal-keeper.

The game shall terminate immediately the referee has made his decision.

7. When a penalty-kick is being taken in extended time :—

- (a) the provisions of all the foregoing paragraphs, except paragraphs 2 (b) and 4 (c) shall apply in the usual way, and
- (b) in the circumstances described in paragraphs 2 (b) and 4 (c) the game shall terminate immediately the ball rebounds from the goal-keeper, the cross-bar or the goal-post.

Advice to Referees. This is an important Law; therefore

- (a) Note carefully Law 5 (b).
- (b) Study Law 12; it is clear that there are only nine offences for which a penalty-kick can be awarded and, even then, only if the offence was INTENTIONAL.
- (c) Before giving the signal for the kick, make sure that the players and the ball are correctly positioned; i.e., as stated in this Law. If a player wilfully encroaches, caution him, and, if he persists, order him off the field.
- (d) Remember that if the original offence was sufficiently serious as to justify the player being ordered off the field, the awarding of a penalty-kick does not cancel this measure.
- (e) Bear in mind that if the ball hits the goal-post or bar and rebounds into play, the player who took the penalty-kick must not play it again until it has been touched by another player.

Advice to Players. Study this Law carefully, it is an important one. The following points may help you to interpret and apply it correctly:

- (a) Players need not be 'behind the ball'. They may take up their position within the field of play, outside the penalty-area, but must be at least 10 yards from the ball.
- (b) Always wait for the Referee's signal before taking a penalty-kick.

(c) The goalkeeper may not move from the position he takes upon his goal-line between the posts, nor may a player rush in from his position outside the penalty area until the ball has been kicked. An offence here will mean a caution, and if repeated the player may be ordered off.

(d) Remember that the kick must be forward.

(e) If a penalty-kick is awarded and a goal is scored, the Referee will ignore any infringement by the defending team and will let the goal stand.

LAW FIFTEEN THROW-IN

When the whole of the ball passes over the touch-line, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touch-line or on the ground outside the touch-line. The thrower shall use both hands and shall deliver the ball from behind and over his head. The ball shall be in play immediately it enters the field of play, but the thrower shall not again play the ball until it has been touched or played by another player. A goal shall not be scored direct from a throw-in.

Punishment. (a) If the ball is improperly thrown in the throw-in shall be taken by a player of the opposing team.

(b) If the thrower plays the ball a second time before it has touched or played by another player, an indirect free-kick shall be taken by a player of the opposing team from the place where the infringement occurred.

INTERNATIONAL BOARD DECISIONS

1. If a player taking a throw-in, plays the ball a second time by handling it *within the field of play* before it has been touched or played by another player, the Referee shall award a direct free-kick.

2. A player taking a throw-in must face the field of play with some part of his body.

3. If, when a throw-in is being taken, any of the opposing players dance about or gesticulate in a way calculated to distract or impede the thrower, it shall be deemed ungentlemanly conduct, for which the offender(s) shall be cautioned.

Advice to Referees. See that:

(a) The Linesman indicates clearly with his flag the point from where and by which team the throw-in is to be taken. He must be careful not to obstruct.

(b) The player taking the throw-in *really* uses both hands; some players are apt to throw with one hand only, using the other simply as a guide.

(c) The ball is thrown; it may not just be dropped even from both hands.

(d) A part of both feet of the player taking the throw is on the ground when the throw-in is made.

Sometimes a ball is thrown by a player directly from a throw-in into his opponents' goal, in which case the Referee should award a goal-kick. If however, a player throws the ball directly into his own goal, the Referee should award a corner-kick.

Advice to Players. The practice of claiming for the throw-in when the ball goes into touch is far too prevalent and in unnecessary. Let the Linesman give his decision.

Do not be childish and show pique by throwing or kicking the ball away when a throw-in or any other decision is given to the opposing side.

LAW SIXTEEN GOAL-KICK

When the whole of the ball passes over the goal-line excluding that portion between the goal-posts, either in the air or on the ground, having last been played by one of the attacking team, it shall be kicked direct into play beyond the penalty-area from a point within that half of the goal-area nearest to where it crossed the line, by a player of the defending team. A goalkeeper shall not receive the ball into his hands from a goal-kick in order that he may thereafter kick it to play. If the ball is not kicked beyond the penalty-area, direct into play, the kick shall be retaken. The kicker

shall not play the ball a second time until it has touched or been played by another player. A goal shall not be scored direct from such a kick. Players of the team opposing that of the player taking the goal-kick shall remain outside the penalty-area whilst the kick is being taken.

Punishment. If a player taking a goal-kick plays the ball a second time after it has passed beyond the penalty-area, but before it has touched or been played by another player, an indirect free-kick shall be awarded to the opposing team, to be taken from the place where the infringement occurred.

INTERNATIONAL BOARD DECISIONS

1. When a goal-kick has been taken and the player who has kicked the ball, touches it again before it has left the penalty-area, the kick has not been taken in accordance with the Law and must be retaken.

Advice to Referees. Show clearly the side from which the kick is to be taken.

Before giving the signal for the kick, make sure that the players and the ball are not correctly positioned, i.e., as stated in this Law.

LAW SEVENTEEN CORNER-KICK

When the whole of the ball passes over the goal line, excluding that portion between the goal-posts, either in the air or on the ground, having last been played by one of the defending team, a member of the attacking team shall take a corner-kick, i.e., the whole of the ball shall be placed within the quarter circle at the nearest corner flagpost, which must not be moved, and it shall be kicked from that position.

A goal may be scored direct from such a kick. Players of the team opposing that of the player taking the corner-kick shall not approach within 10 yards of the ball until it is in play, i.e., it has travelled the distance of its own circumference, nor shall the kicker play the ball a second time until it has been touched or played by another player.

Punishment. (a) If the player who takes the kick plays the ball a second time before it has been touched or played by

another player, the referee shall award an indirect free-kick to the opposing team, to be taken from the place where the infringement occurred.

(b) For any other infringement the kick shall be retaken.

Advice to Referees. See notes applying to Law 16.

Occasionally the ball strikes a goal-post and rebounds to the player who took the kick. The Law states he must not play it again until it has been touched by another player.

If a player, before taking a corner-kick, removes the corner flag-post, order it to be replaced before giving the signal for the corner-kick to be taken.

The International Board at its Meeting on 27th June 1970 accepted a proposal by the Federation Internationale de Football Association that the practice of drawing lots to determine which of two teams in a drawn match should proceed to a later stage of a Knock-Out Competition or receive the trophy (if any) be discontinued and be replaced by the taking of kicks from the penalty mark which shall not be considered part of the match, subject to the following conditions:

1. The Referee shall choose the goal at which all of the kicks shall be taken.

2. He shall toss a coin, and the team whose captain wins the toss shall take the first kick.

3. (a) Subject to the terms of the following paragraphs (c) and (d) both teams shall take five kicks.

(b) The kicks shall be taken alternately.

(c) If, before both teams have taken five kicks, one has scored more goals than the other could, even if it were to complete its five kicks, the taking of kicks shall cease.

(d) If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, the taking of kicks shall continue, in the same order, until such time as both have taken an equal number of kicks (not necessarily five more kicks) and one has scored a goal more than the other.

4. The team which scores the greater number of goals, whether the number of kicks taken is in accordance with the

terms of the foregoing paragraph 3(a) 3(c) or 3(d) shall qualify for the next round of the competition, or shall be declared winner of the competition, as the case may be.

5. (a) With the exception referred to in the following paragraph (b) only the players who are on the field of play at the end of the match, which shall mean at the end of extra time in so far as a match in which extra time is authorized, is concerned, and any who, having left the field temporarily, with or without the referee's permission, are not on the field of play at that time, shall take part in the taking of the kicks.

(b) Provided that his team has not already made use of the maximum number of substitutes permitted by the rules of the competition under which the match was played, a goalkeeper who sustains an injury during the taking of the kicks, and who, because of the injury, is unable to continue as goalkeeper, may be replaced by a substitute.

6. Each kick shall be taken by a different player, and not until all eligible players of any team, including the goalkeeper or the named substitute by whom he was replaced in terms of paragraph (5) as the case may be, have each taken a kick may a player of the same team take a second kick.

7. Subject to the terms of paragraph (5) any player who is eligible may change places with his goalkeeper at any time during the taking of the kicks.

8. (a) Other than the player taking a kick from the penalty mark, and the two goalkeepers, all players shall remain within the centre circle whilst the taking of kicks is in progress.

(b) The goalkeeper who is a colleague of the kicker, shall take up position within the field of play, outside the penalty area at which the kicks are being taken, behind the line which runs parallel with the goal-line, and at least 10 yards from the penalty mark.

9. Unless stated to the contrary in the foregoing paragraphs 1 to 8, the Laws of the Game, and the International Board Decisions relating thereto, shall, in so far as they can, apply at the taking of the kicks.

N.B. In the event of light failing before the end of the taking of kicks from the penalty mark, the result shall be decided by a drawing of lots.

MEMORANDUM ON CO-OPERATION BETWEEN REFEREES AND LINESMEN

Co-operation between Referee and Linesmen — Law 6.

In the Laws of the game set out in the foregoing pages there are no instructions as to the relative positioning of Referee and Linesmen during a game. There are, however, instructions in Laws 5 and 6 with regard to powers and duties of Referees and Linesmen which rightly interpreted would mean co-operation. Law 6 stipulates that two Linesmen shall be appointed, whose duty (subject to the decision of the Referee) shall be :

(a) To indicate WHEN the ball is out of play.

(d) To indicate when the ball has crossed the goal-line and whether a corner-kick or a goal-kick is to be awarded.

(c) To indicate which side is entitled to the throw-in.

(b) To assist the Referee in carrying out the game in accordance with the Laws.

The assistance referred to in (d) is :

(1) Signalling when the WHOLE of the ball is out of play.

(2) Indicating WHICH side is entitled to the corner-kick, goal-kicks or the throw-in.

(3) Calling the attention of the Referee to rough play or ungentlemanly conduct.

(4) Giving an opinion on any point on which the Referee may consult him.

Neutral Linesmen. The assistance referred to above is best given by NEUTRAL LINESMEN. A limitation is placed upon CLUB LINESMEN because points (2), (3) and (4) are not usually referred to Linesmen who are not neutral. In case of Neutral Linesmen they must be used as ASSISTANT REFEREES. It is appreciated that there must be a different attitude adopted by the Referee in this case, because in effect there are THREE officials supervising the play; the REFEREE remains as principal official, but the Linesmen are there to assist him to control the game in a proper manner.

Club Linesmen. To get the most effective co-operation from CLUB LINESMEN the following procedure should be adopted :

(1) **BOTH Club Linesmen** should report to the Referee BEFORE the start of the match, and receive his instructions, and be informed that no matter what may be their personal opinion the decision of the Referee is final, and must not be questioned.

(2) The work allotted to them as Club Linesmen is to signal WHEN the ball is ENTIRELY over the touch-line, and to indicate WHICH side is entitled to the throw-in, subject always to the decision of the Referee.

Keeping in mind their distinctive duties outlined above, referees should decide beforehand exactly WHAT they want their Club Linesmen to do, and should be able to tell them distinctly how they can best help him. It is essential that there should be some conference between the three officials BEFORE any match. As the chief of this trio, the Referee must be able to indicate clearly to his assistants how they may best help him. His instructions must be specific, in order to avoid confusion. On their side, the LINESMEN must fully appreciate the Referee's prior authority, and accept his rulings without question, should there be any difference of opinion among them. Their relationship to him MUST be one of assistance and neither undue intervention nor opposition.

The Referee will operate the diagonal system of control when his linesmen are neutral. When they are not neutral he shall inform them which method he intends to operate. He will co-operate with his Linesmen on the following matters and indicate to them :

- (a) The time by his watch.
- (b) The side of the field which each Linesman will take each half of the match.
- (c) Their duties prior to the commencement of the game such as the examination of the appurtenances of the game.
- (d) Which shall be the senior Linesman in case of need.
- (e) The position to be taken for corner-kicks.
- (f) The sign that he has noticed his Linesman, but has overruled the indication therefrom.
- (g) Which action in the throw-in shall be in the province of the Linesman, and which that of the Referee, e.g., many Referees ask their Linesmen to watch for foot-faults which they look for the hand-faults.

Referees should not necessarily keep to one diagonal of the field of play. If the state of the ground, wind, sun or other conditions demand a change to the opposite diagonal a Referee should indicate to his Linesmen his intention to make such a change-over, and the Linesmen will at once take over the other half of their particular Lines. One advantage of such a change of diagonal is that the surface of the ground, next to the touch-line, will be less severely worn because the whole length of the field will be utilized.

Other co-operative matters may be added, but it is important that each of these should be known to the three officials.

The following diagrams illustrate the diagonal system of control, and if studied and practised will lead to uniform methods of control.

THE DIAGONAL SYSTEM OF CONTROL

Diagram One. The imaginary diagonal used by the Referee is the line A—B.

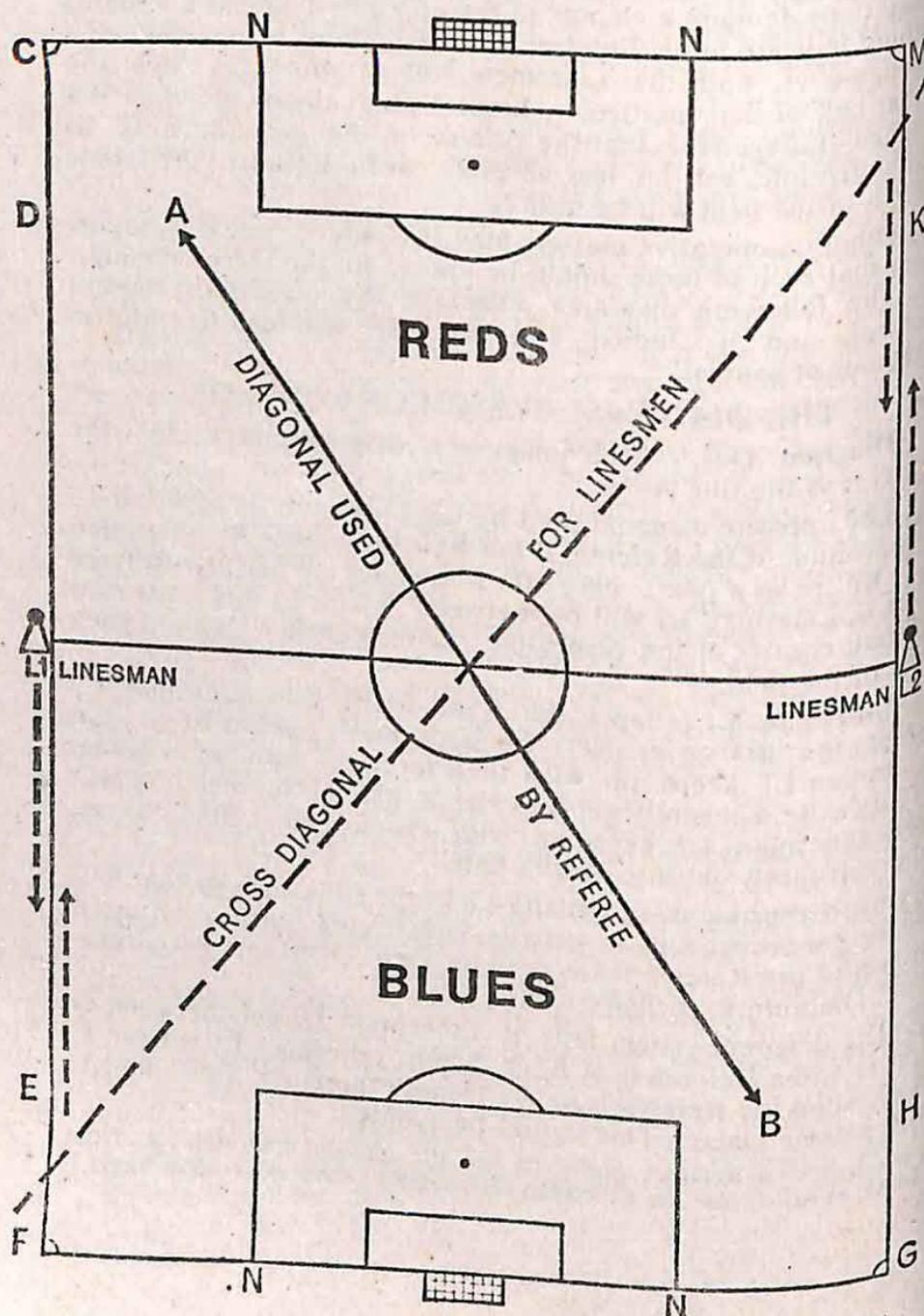
The opposite diagonal used by the Linesmen is adjusted to the position of the Referee; if the Referee is near A, Linesman L₂ will be at a point between M and K. When the Referee is at B, Linesman L₁ will be between E and F; this gives TWO officials control of the respective "danger zones", one at each side of the field.

Linesman L₁ adopts the REDS as his side; Linesman L₂ adopts the BLUES; as RED forwards move toward BLUE goal, Linesman L₁ keeps up with their foremost man, so in actual practice he will rarely get into RED's half of the field. Similarly Linesman L₂ keeps up with the foremost BLUE player, and will rarely get into BLUE's half.

At corner-kicks or penalty-kicks the Linesman in that half where the corner-kick or penalty-kick occurs positions himself at N and the Referee takes position (see Diagram 4—corner-kick; Diagram 9—penalty-kick).

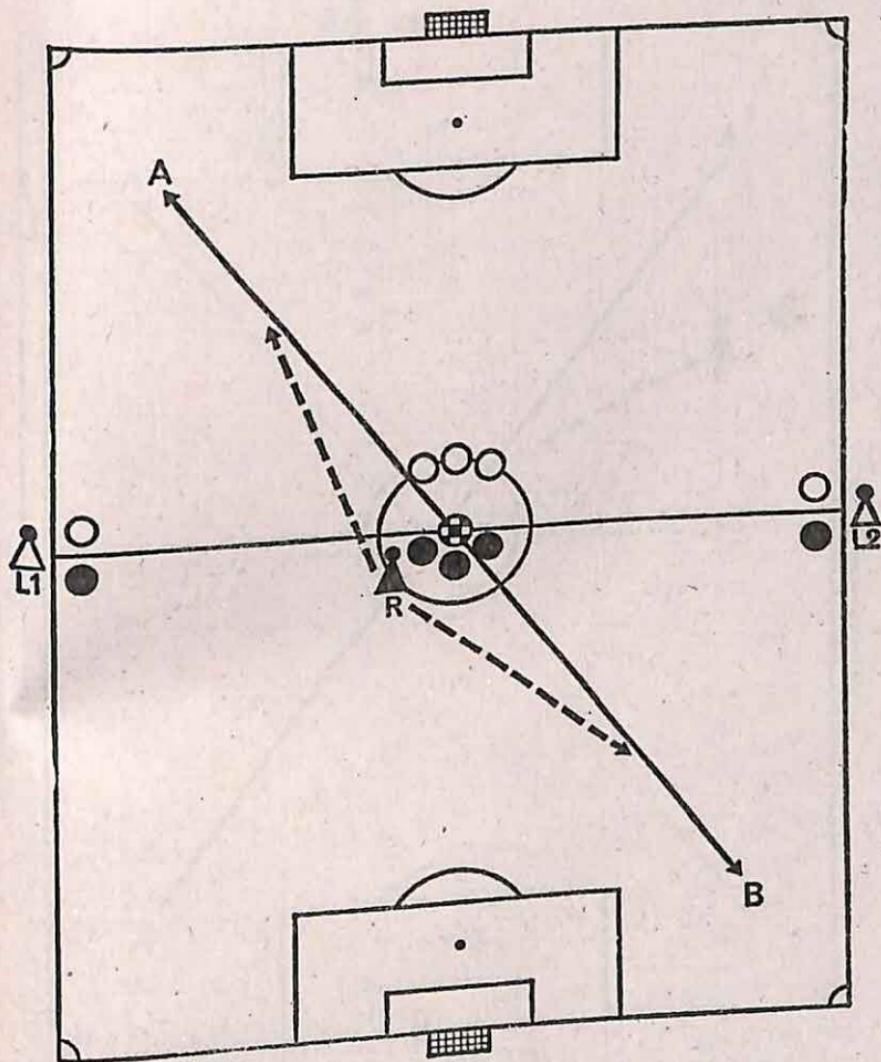
The diagonal system fails if Linesman L₂ gets between G and H when Referee is at B, or when Linesman L₁ is near C or D when the Referee is at A, because there are TWO officials at the same place. This should be avoided.

(N.B. Some Referees prefer to use the opposite diagonal, viz., from F to M, in which case the Linesmen should adjust their work accordingly.)



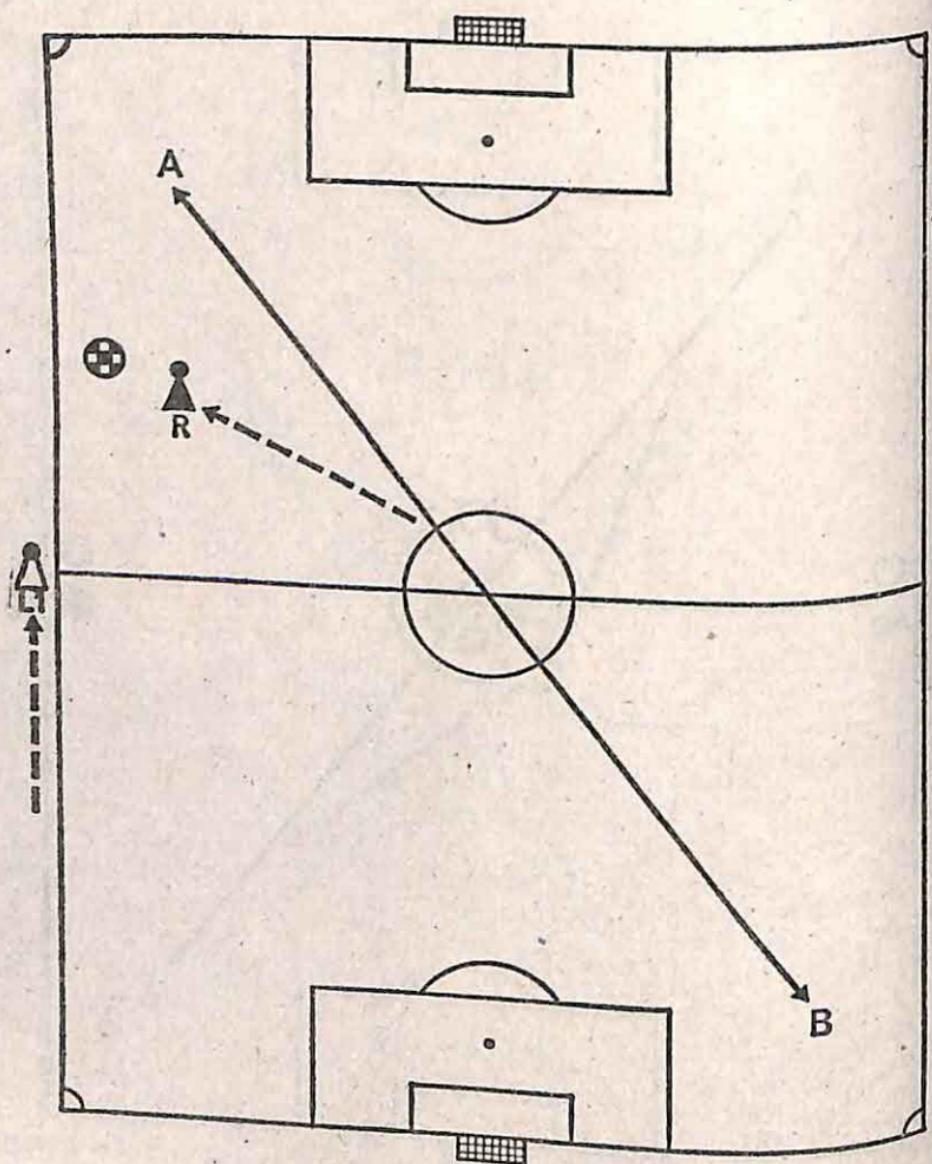
FOOTBALL
DIAGRAM TWO

167



START OF GAME

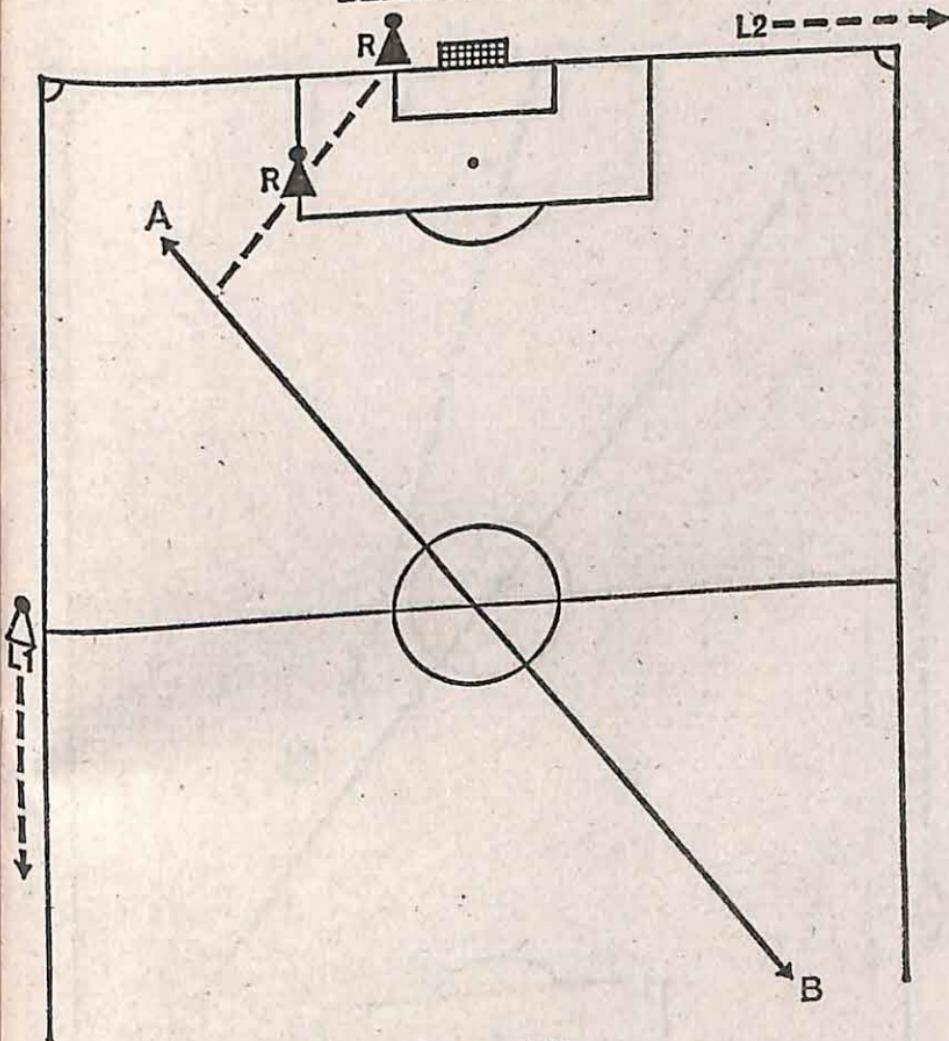
Position of Referee at Kick-off—R.
Position of Linesmen—L1 and L2.
Players—O and ●.
Diagonal followed by Referee—A—B.
Referee moves to diagonal along line ← → according to direction of attack.
Ball—◐

DIAGRAM THREE

DEVELOPMENT OF ATTACK
(From Diagram 2)

Ball moves out to left wing, Referee (R) slightly off diagonal to be near play.
Linesman (L2) level with spearhead of attack.
Two officials, therefore, up with play.
Linesman (L1) in position for clearance and possible counter attack.

DIAGRAM FOUR



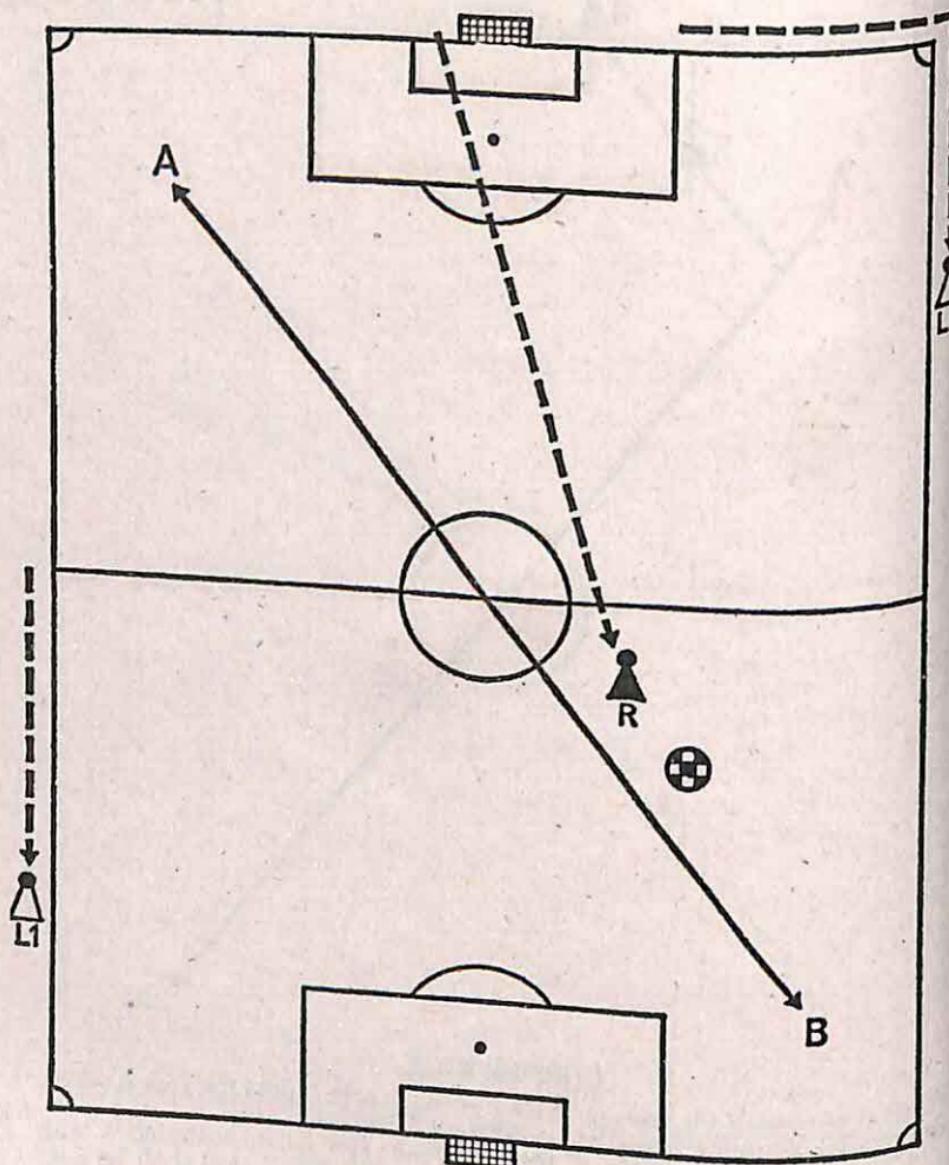
CORNER-KICK

Position of officials the same no matter at which corner-area the kick is taken. Referee (R) alongside goal-post, or at position shown.

Concerning the position of the Linesman No. 2, in accordance with the instructions from the Referee the Linesman No. 2 (L2) shall be near the corner flag or on the goal-line near the corner flag, to observe whether the ball is properly played, whether the opposing players are at proper distance (10 yards), whether the ball is behind the goal-line, or whether incidents have happened possibly hidden from the Referee.

Linesman (L1) in position for clearance and possible counter attack.

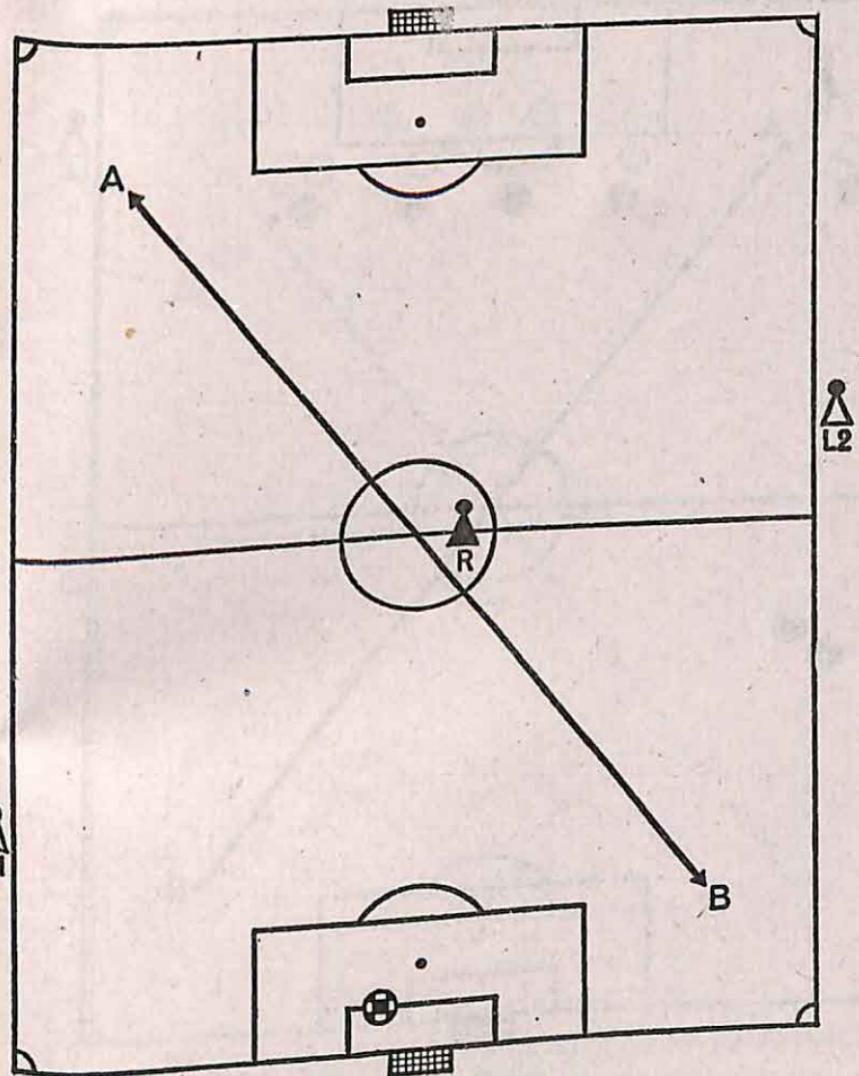
DIAGRAM FIVE



THE COUNTER-MARCH
(Following Diagram 4)

Referee (R) sprints to regain correct position on diagonal along path
 (Note: The Referee who is physically fit is able to do this easily.)
 Linesman (L2) hurries back to his correct position on the touch-line.
 Linesman (L1) level with attack and in position to see infringements and
 indicate decisions until Referee regains his position.

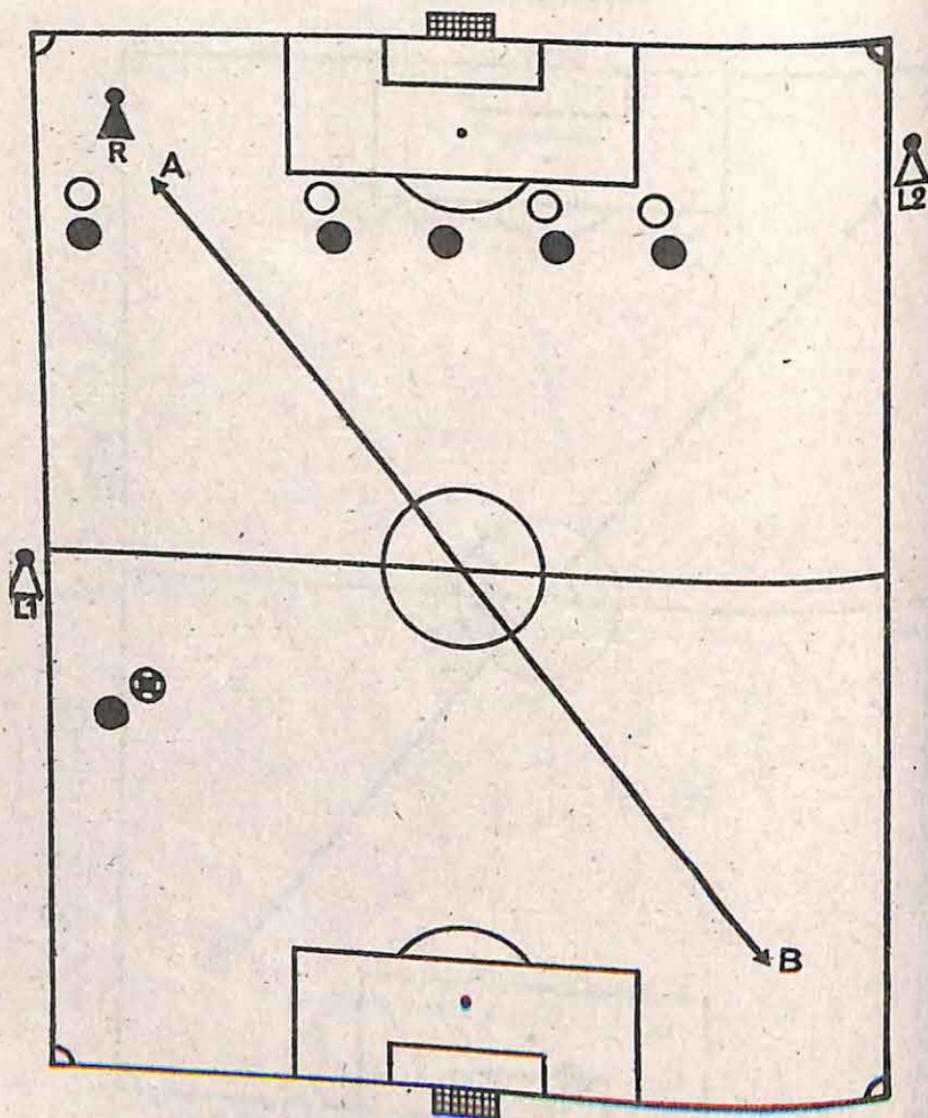
DIAGRAM SIX



GOAL-KICK

Referee (R) in midfield adjacent to central point of diagonal.
Linesman (L1) exercising watch over goal-kick.
Linesman (L2) in position pending a possible attack by side taking goal-kick.

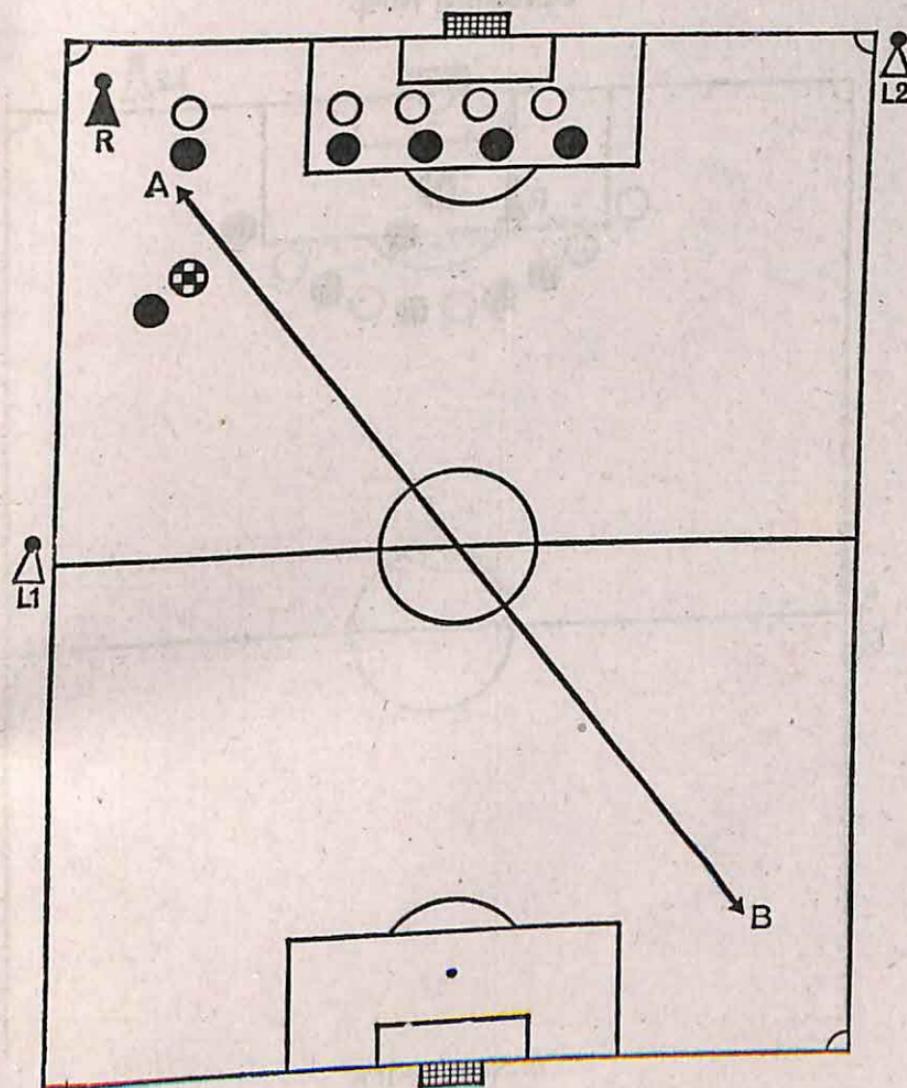
DIAGRAM SEVEN



FREE-KICK IN MIDFIELD

Players lined up for kick ● and ○. Referee (R) and Linesman (L2) in respective diagonal positions, level with players and able to judge accurately any questions of off-side or foul play. Linesman (L1) sees that kick is taken from correct position and also is in position for possible counter attack.

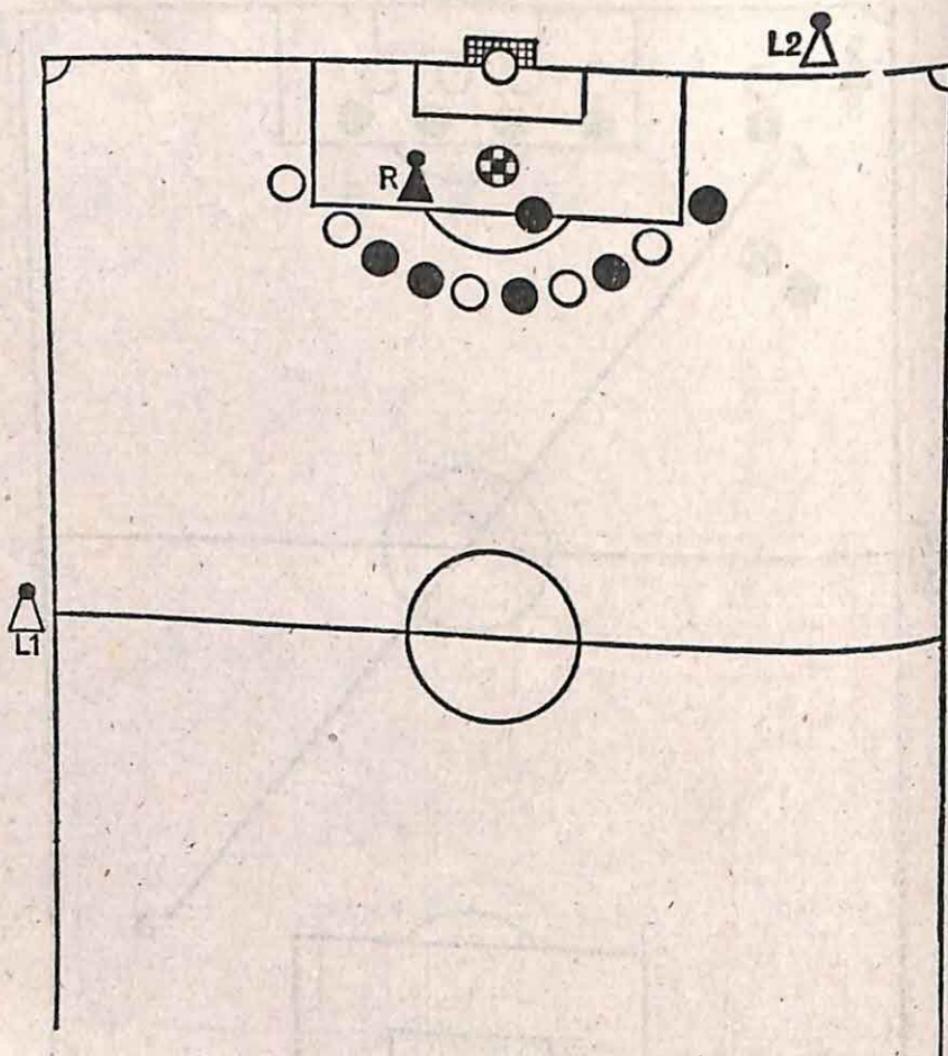
DIAGRAM EIGHT



FREE-KICK NEAR GOAL
(Just outside penalty-area)

Players ● and ○ line up for free kick.
Referee (R) takes up his position just off his diagonal so that he is placed accurately to judge off-side. Linesman (L2) is more advanced but can watch for tide and fouls and also is in a good position to act as goal judge in the event of a direct shot being taken.

RULES OF GAMES AND SPORTS
DIAGRAM NINE



PENALTY-KICK

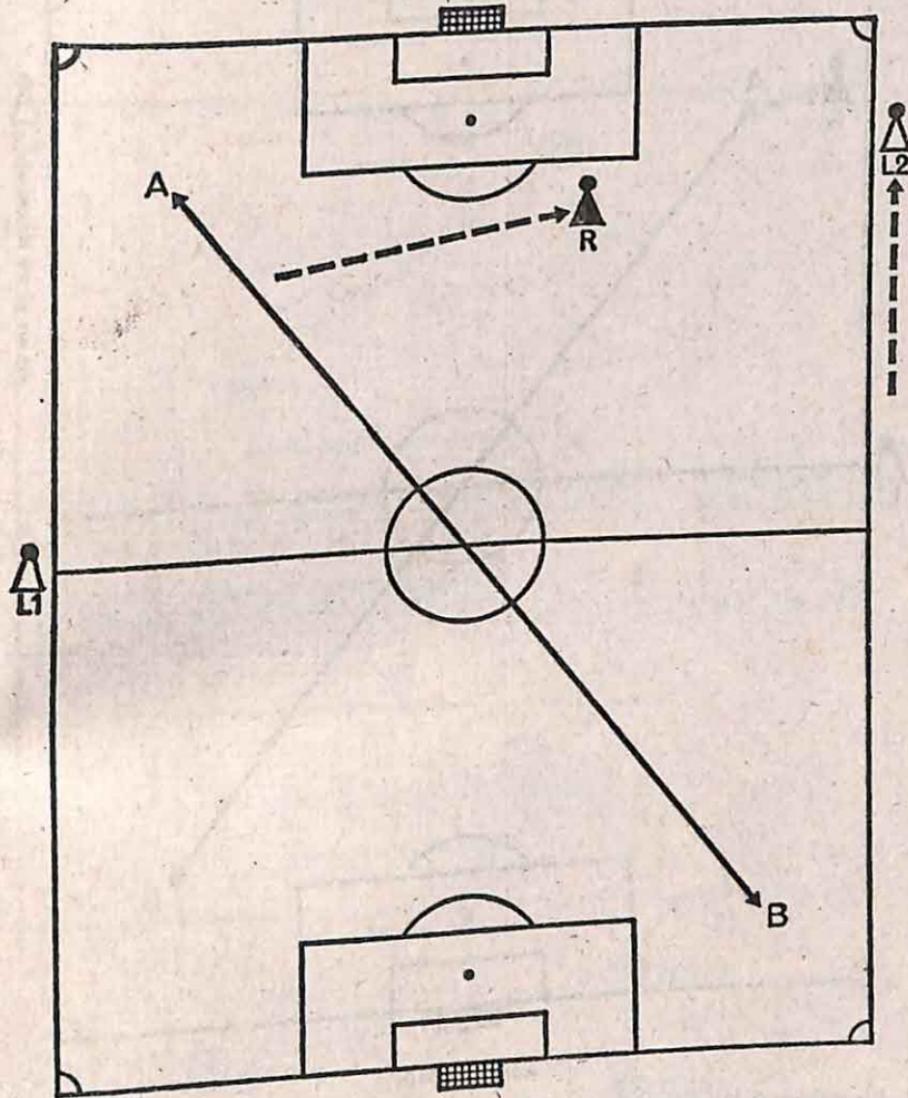
Players ● and ○ with the exception of the goalkeeper and kicker are shown outside the penalty area and at least 10 yards from the ball—goalkeeper on goal-line.

Referee (R) is in position to see that kick is properly taken and that no encroachment takes place.

Linesman (L2) watches goalkeeper to see that he does not advance illegally and also acts as goal judge.

Linesman (L1) is in position should the goalkeeper save a goal and start a counter attack.

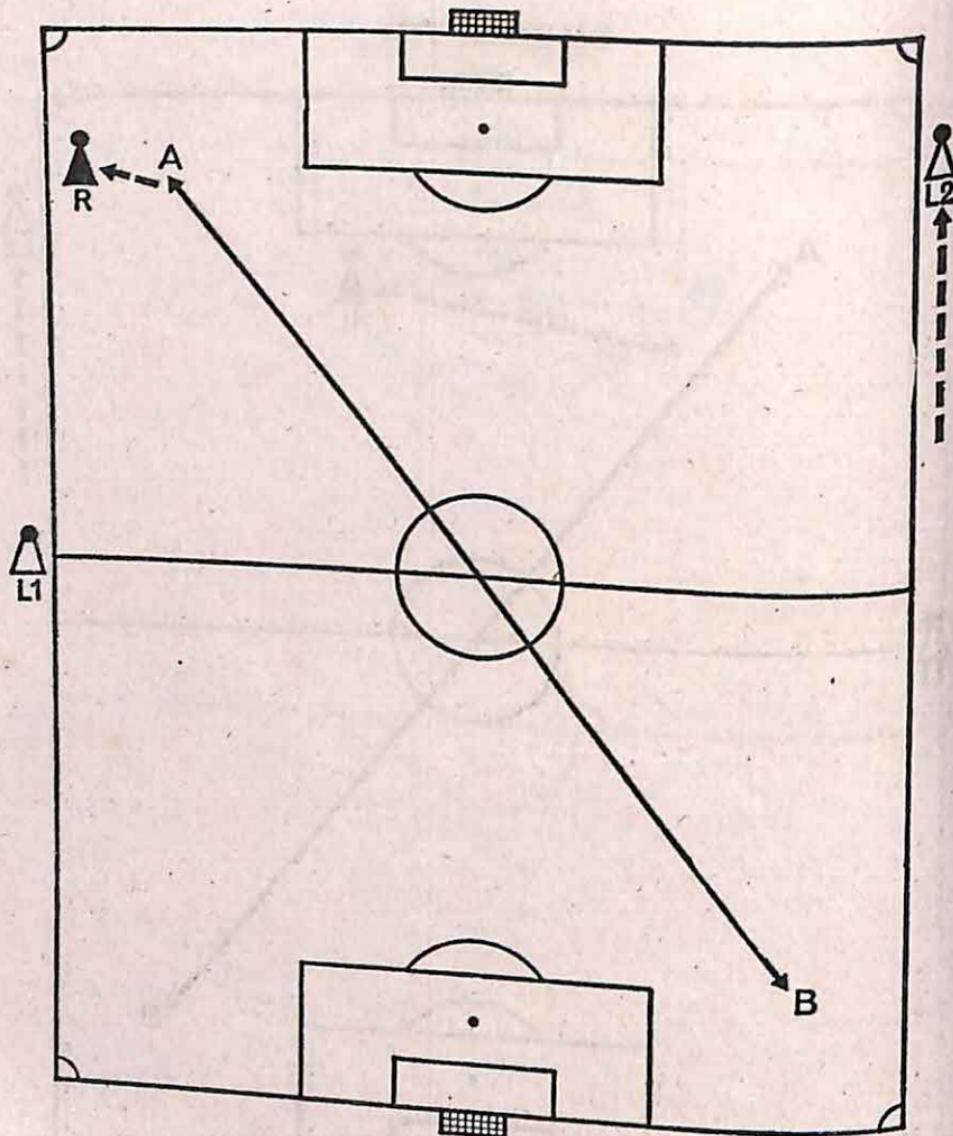
DIAGRAM TEN



THROW-IN

Ball out of play and Linesman (L2) is in position to indicate position of throw and to which side.
 Referee (R) crosses from diagonal to centre of field, in the same manner as a defence covering a throw-in.
 Linesman (L1) watches his forward line against the possible counter attack.

DIAGRAM TEN (b)



THROW-IN

Referee (R) can judge other throw-in infringements and veers slightly from his diagonal towards touch-line.

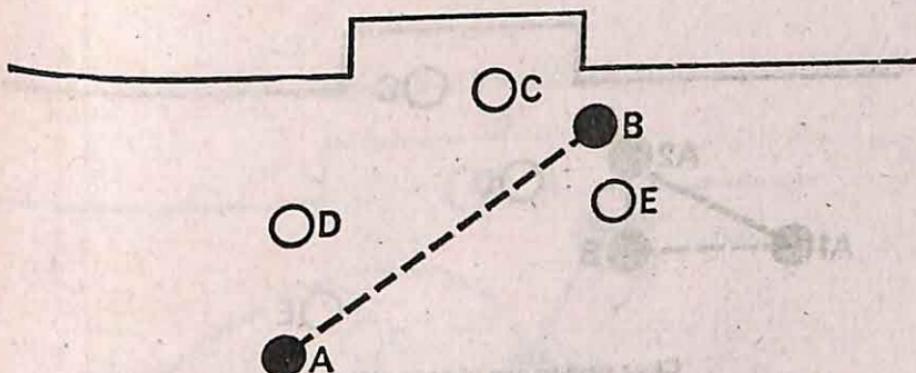
Linesman (L1) is away from the throw-in but should be able to judge feet position in the event of a clearance.

Referee (R) can judge other throw-in infringements and veers slightly from his diagonal towards touch-line.

Linesman (L2) is in position to see any infringement occurring before Referee

FOOTBALL

Diagram 1—OFF-SIDE

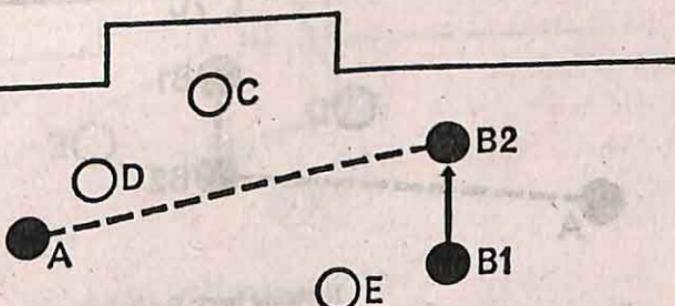


Clear pass to one of same side

A has run the ball up, and having D in front passes to B. B is off-side because he is in front of A and there are not two opponents between him and the goal-line when the ball is passed by A.

If B waits for E to fall back before he shoots, this will not put him on-side, because it does not alter his position with relation to A at the moment the ball was passed by A.

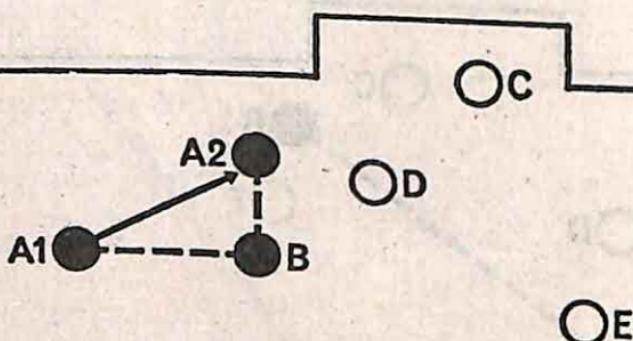
Diagram 2—NOT OFF-SIDE



Clear pass to one of same side (continued)

A has run the ball up, and having D in front passes across the field. B runs from position 1 to position 2. B is not off-side because at the moment the ball was passed by A he was not in front of the ball, and had two opponents between him and the goal-line.

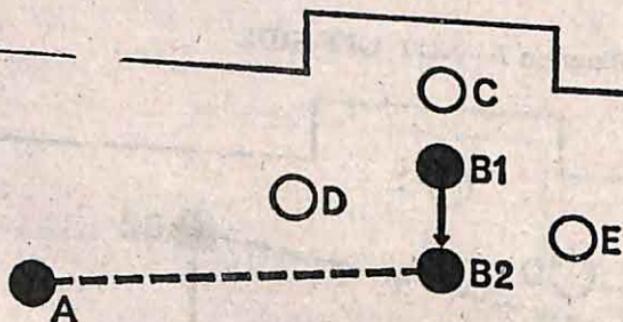
Diagram 3—OFF-SIDE



Clear pass to one of same side (continued)

A and B make a passing run up the wing. A passes the ball to B who cannot shoot because he has D in front. A then runs from position 1 to position 2 where he receives the ball from B. A is off-side because he is in front of the ball and he had not two opponents between him and the goal-line when the ball was played by B.

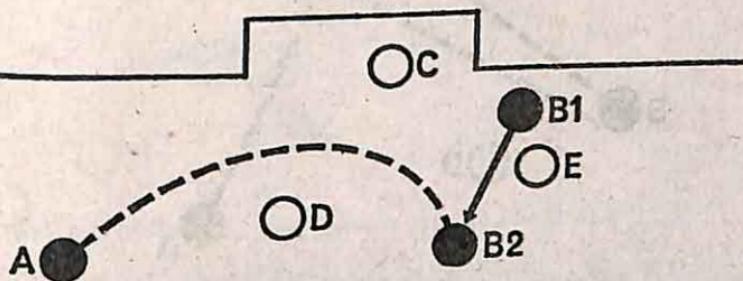
Diagram 4—OFF-SIDE



Running back for ball

A centres the ball. B runs back from position 1 to position 2, and then dribbles between D and E and scores. B is off-side because he is in front of the ball and he had not two opponents between him and the goal-line at the moment the ball was played by A.

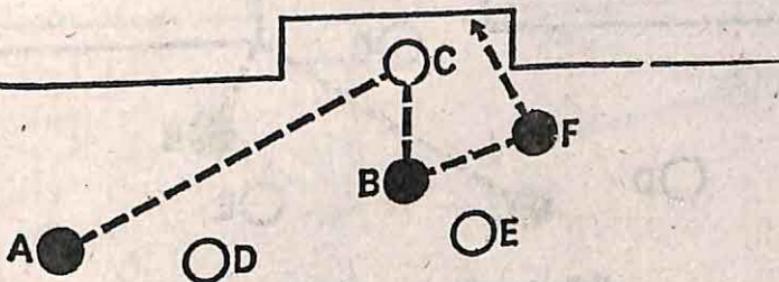
Diagram 5—OFF-SIDE



Running back for ball (*continued*)

B makes a high shot at goal, and the wind and screw carry the ball back. B runs from position 1 to position 2 and scores. B is off-side because he is in front of the ball and he had not two opponents between him and the goal-line at the moment the ball was last played by A.

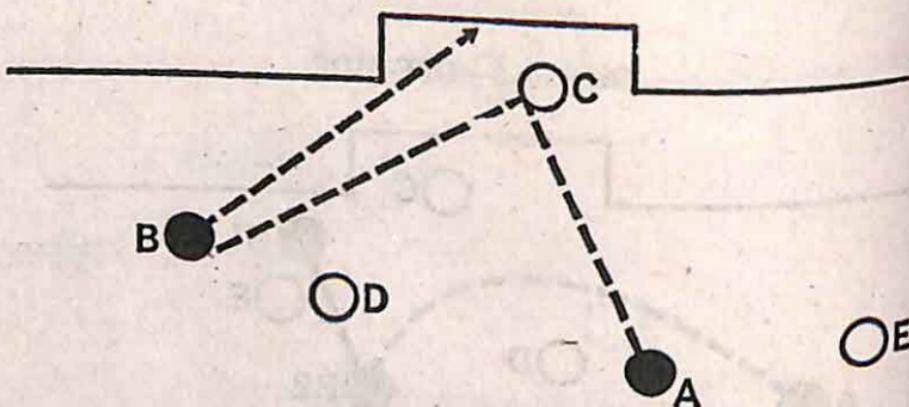
Diagram 6—OFF-SIDE



Shot at goal returned by goalkeeper

A shoots at goal. The ball is played by C and B obtains possession, but slips and passes the ball to F who scores. F is off-side because he is in front of B, and when the ball was passed by B he had not two opponents between him and the goal-line.

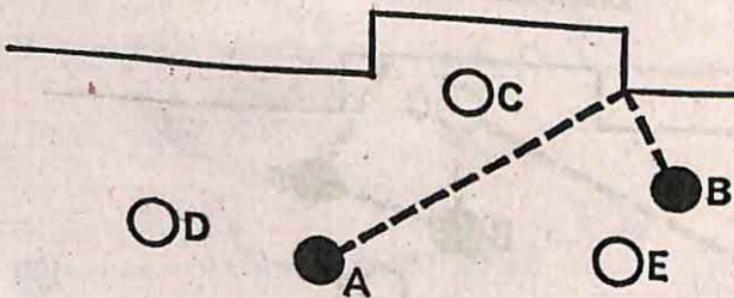
Diagram 7—NOT OFF-SIDE



Shot at goal returned by goalkeeper (continued)

A shoots at goal. The ball is played out by C but B obtains possession scores. B was in front of the ball and did not have two opponents between and the goal-line when the ball was played by A, but he is not off-side because the ball has been last played by an opponent, C.

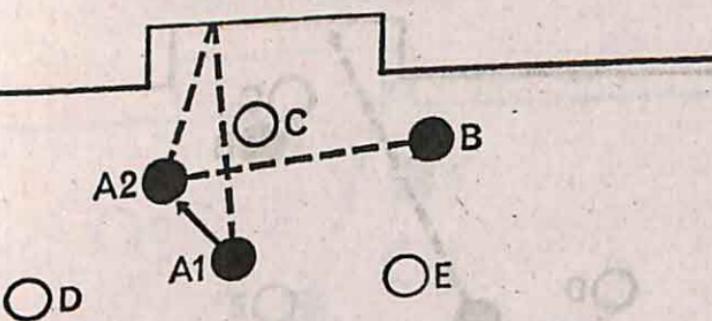
Diagram 8—OFF-SIDE



Ball rebounding from goal-posts or cross-bar

A shoots for goal and the ball rebounds from the goal-post into play secures the ball and scores. B is off-side because the ball is last played by a player of his own side, and when A played it B was in front of the ball and not have two opponents between him and the goal-line.

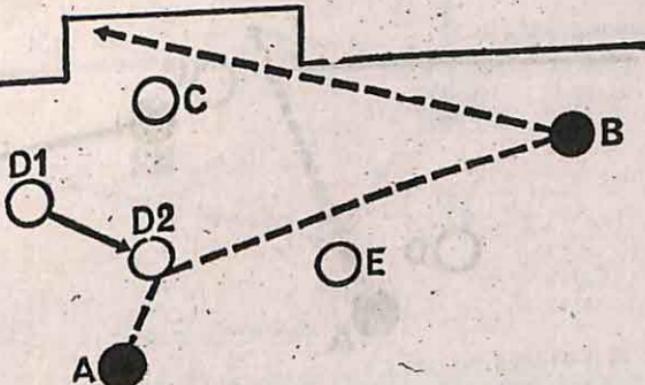
Diagram 9—OFF-SIDE



Ball rebounding from goal-posts or cross-bar (*continued*)

A shoots for goal and the ball rebounds from the cross-bar into play. A follows up from position 1 to position 2, and then passes to B who has run up the other side. B is off-side because the ball is last played by A, a player of his own side, and when A played it B was in front of the ball and did not have two opponents between him and the goal-line. If A had scored himself at the second attempt, instead of passing to B, it would have been a goal.

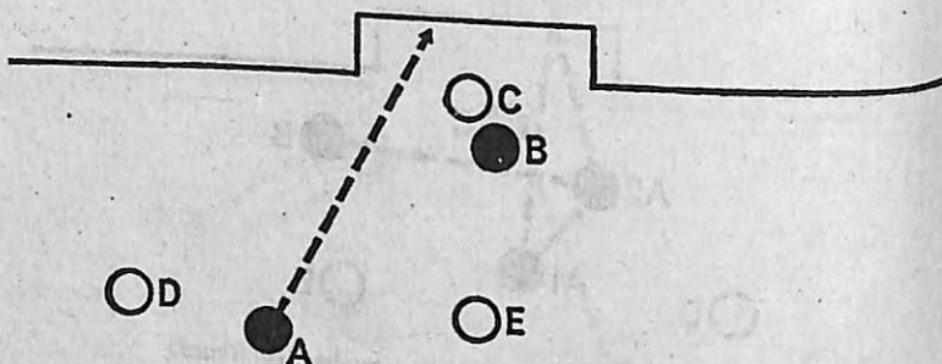
Diagram 10—NOT OFF-SIDE



Ball touching an opponent

A shoots at goal. D runs from position 1 to position 2 to intercept the ball, but it glances off his foot to B who scores. B is not off-side because, although he is in front of the ball and has not two opponents between him and the goal-line, the ball was last played by an opponent, D.

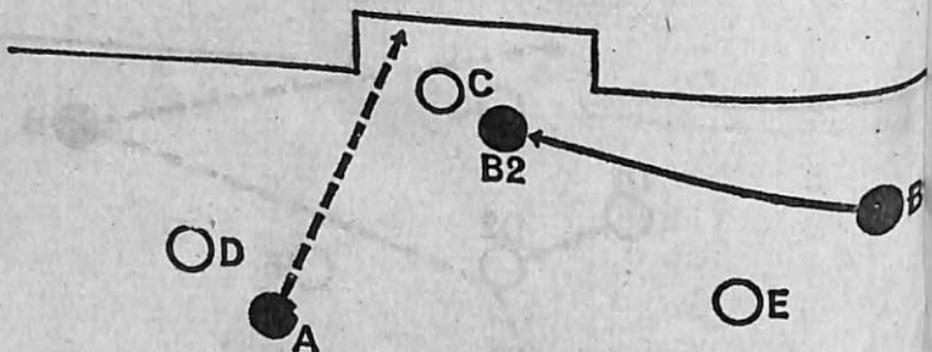
Diagram 11—OFF-SIDE



Obstructing the goalkeeper

A shoots for goal and scores. B, however, obstructs C so that he cannot get at the ball. The goal must be disallowed, because B is in an off-side position and may not touch the ball himself, nor in any way whatever interfere with an opponent.

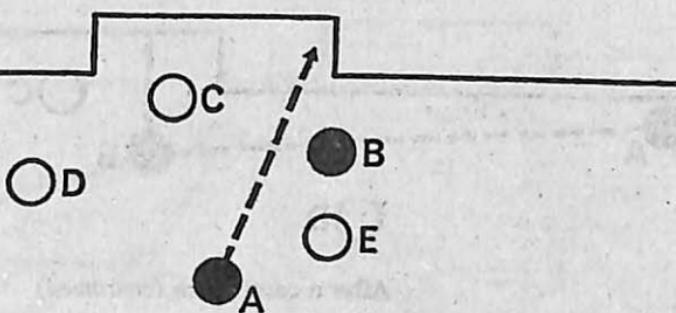
Diagram 12—OFF-SIDE



Obstructing the goalkeeper (continued)

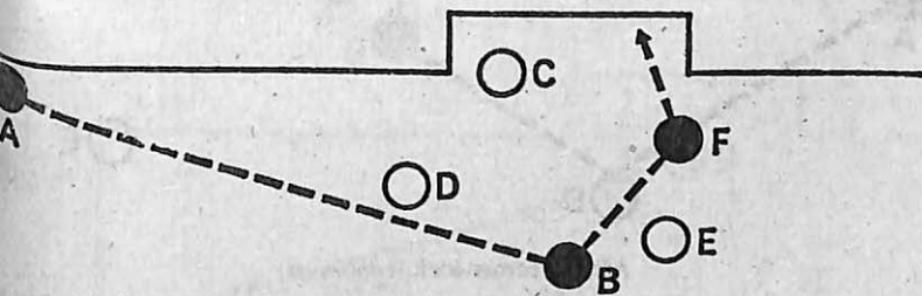
A shoots for goal. B runs in from position 1 to position 2 while the ball is in transit and prevents C playing it properly. B is off-side because he is in front of A and has not two opponents between him and the goal-line when A plays the ball. When in this position B may not touch the ball himself, nor in any way whatever interfere with an opponent.

Diagram 13—OFF-SIDE

**Obstructing an opponent other than the goalkeeper**

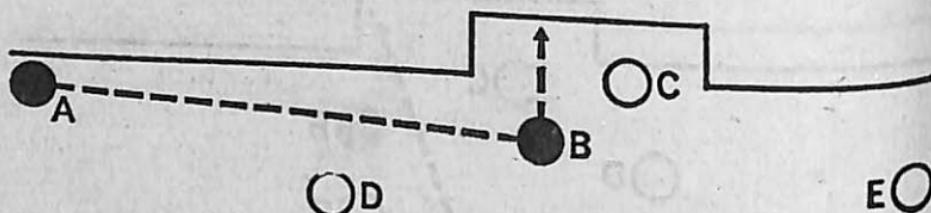
A shoots for goal. B prevents E running in to intercept the ball. B is off-side because he is in front of A and has not two opponents between him and the goal-line when A plays the ball. When in this position B may not touch the ball himself, nor in any way whatever interfere with an opponent.

Diagram 14—OFF-SIDE

**After a corner-kick**

A takes a corner-kick and the ball goes to B. B shoots for goal and as the ball is passing through, F touches it. F is off-side because after the corner-kick had been taken the ball is last played by B, a player of his own side, and when played it F was in front of the ball and had not two opponents between him and the goal-line.

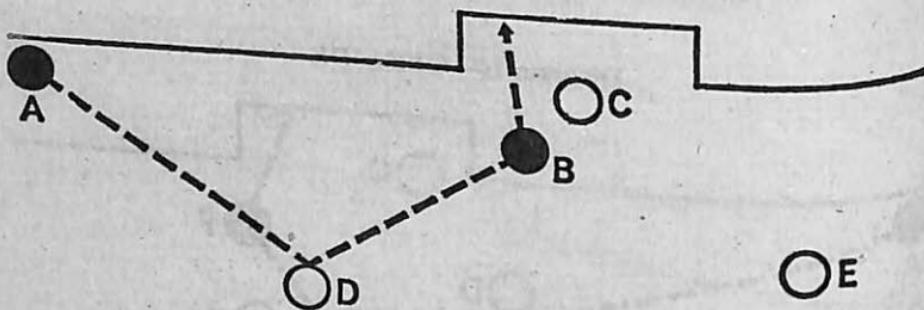
Diagram 15—NOT OFF-SIDE



After a corner-kick (continued)

A takes a corner-kick and the ball goes to B, who puts it through goal. B has only one opponent between him and the goal-line, but he is not off-side because a player cannot be off-side from a corner-kick.

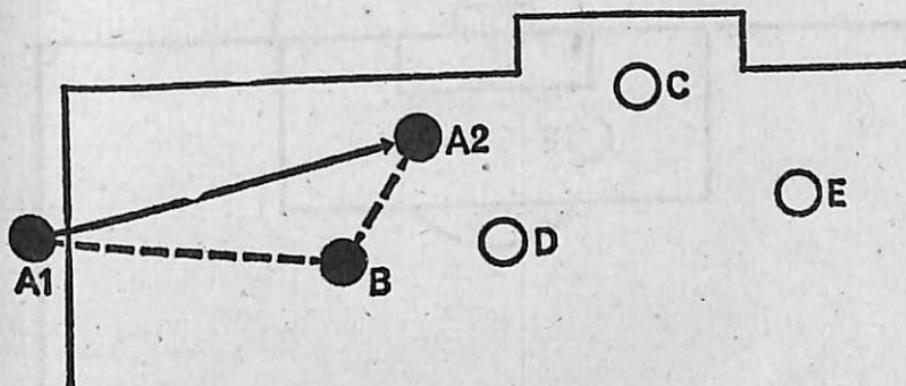
Diagram 16—NOT OFF-SIDE



After a corner-kick (continued)

A takes a corner-kick and the ball glances off D and goes to B, who puts it through goal. B is not off-side because the ball was last played by an opponent, D.

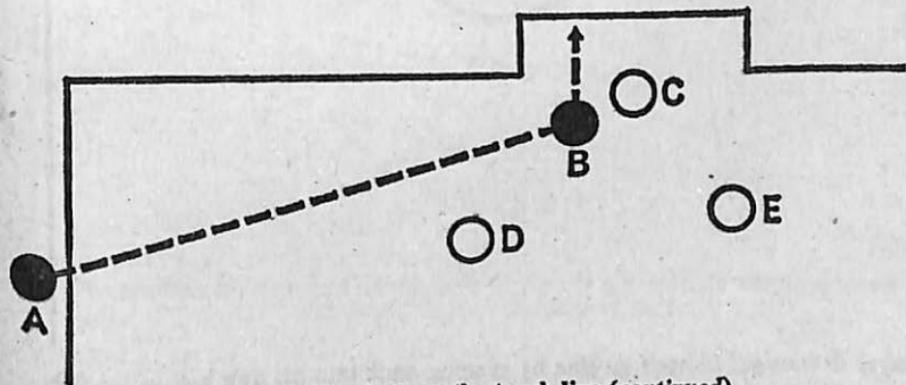
Diagram 17—OFF-SIDE



After a throw-in from the touch-line

A throws to B and then runs from touch-line to position A2. B passes the ball to A in position 2. A is off-side because he is in front of the ball and has not two opponents between him and the goal-line when the ball is passed forward to him by B.

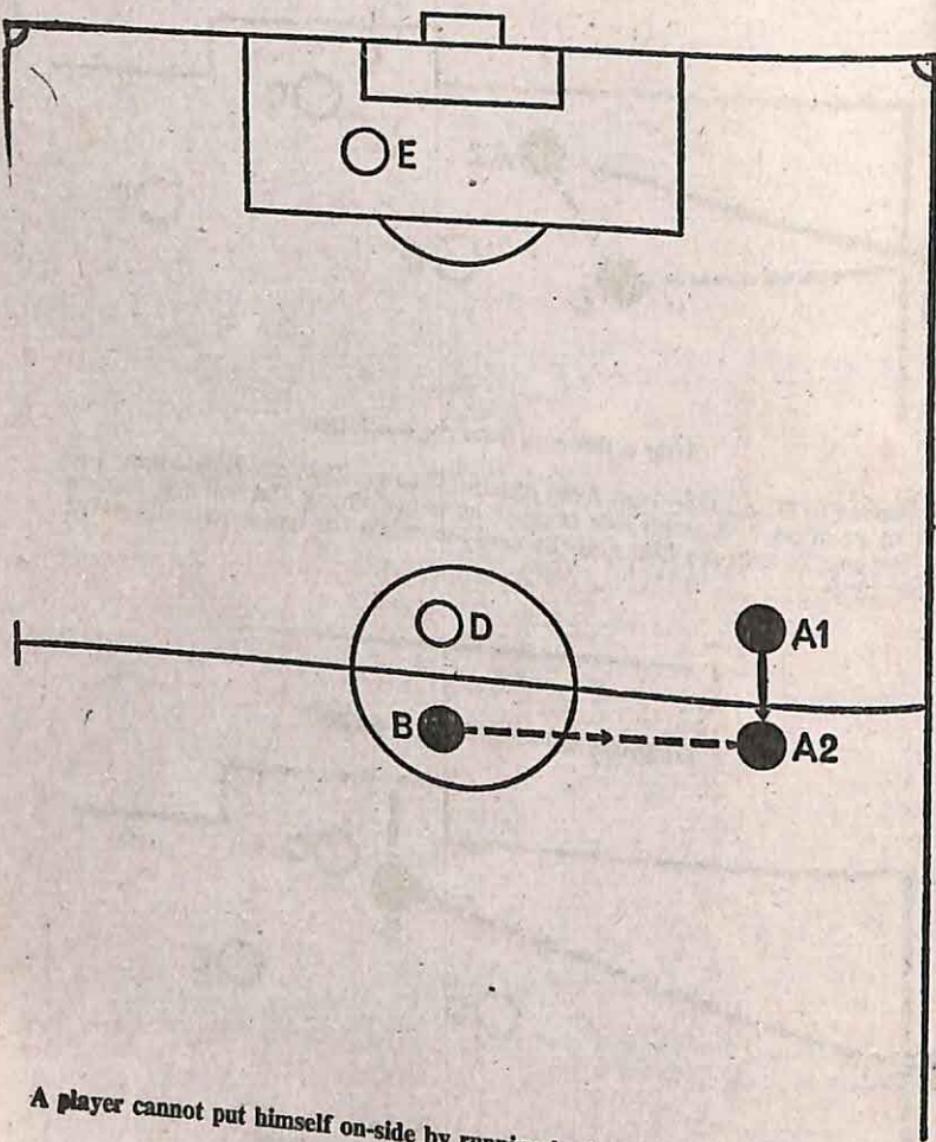
Diagram 18—NOT OFF-SIDE



After a throw-in from the touch-line (*continued*)

A throws the ball to B. Although B is in front of the ball and has not two opponents between him and the goal-line, he is not off-side because a player cannot be off-side from a throw-in.

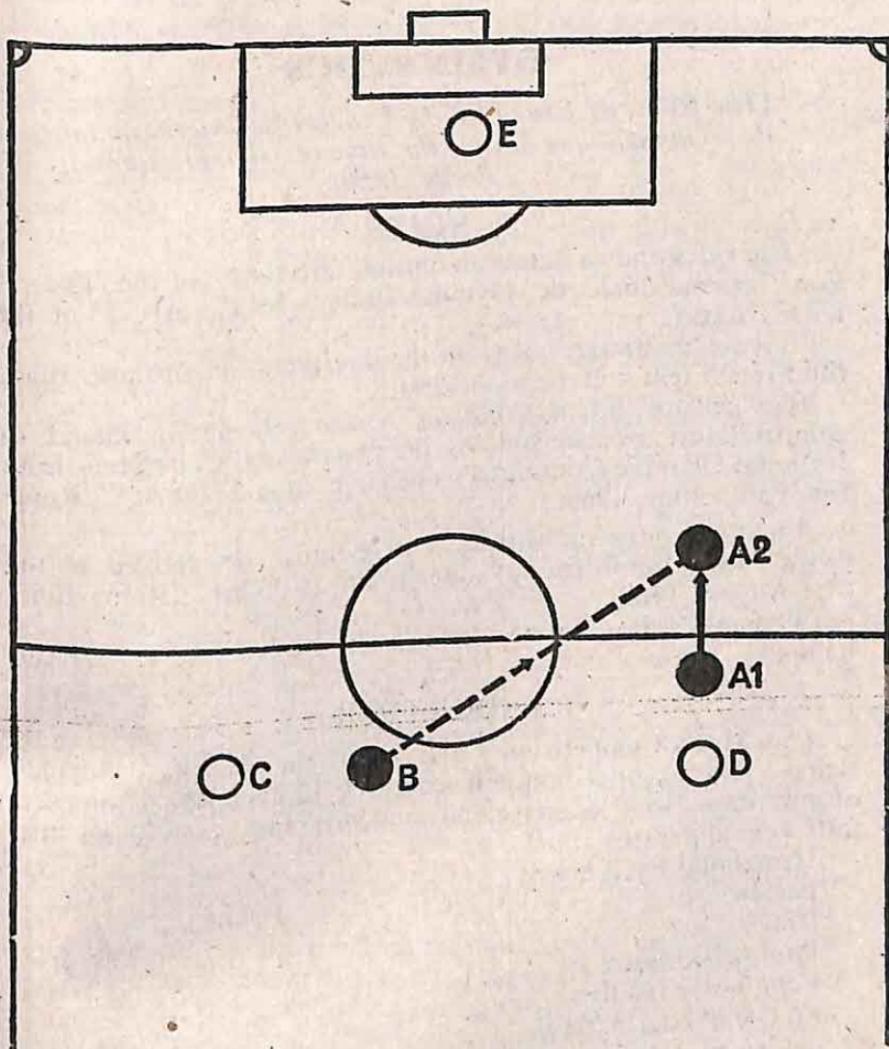
Diagram 19—OFF-SIDE



A player cannot put himself on-side by running back into his own half of the field of play

If A is in his opponents' half of the field of play, and is off-side in position when B last played the ball, he cannot put himself on-side by moving back into his own half of the field of play.

Diagram 20—NOT OFF-SIDE



A player within his own half of the field of play is not off-side when he enters his opponents' half of the field of play

If A is in his own half of the field of play he is on-side, although he is in front of the ball and there are not two opponents nearer their own goal-line when B last played the ball. A is therefore not off-side when he enters his opponents' half of the field of play.

GYMNASICS

[*The Rules as Issued by the Federation Internationale de Gymnastique during the time of Olympic Games, Rome, 1960]*

RULES

The rules and amateur definition are those of the 'Fédération Internationale de Gymnastique' (F.I.G.) Art. 33 of the F.I.G. Statute.

In case of disagreement on the interpretation of those rules, the French text will be authoritative.

The general list of events in which each nation intend to compete must be received by the Organising Committee from National Olympic Committees not later than 24.00 hrs. (Rome time) 30th June, 1960.

Final individual and team entries must be received by the Organising Committee not later than 24.00 hrs. (Rome time) 21st August, 1960.

Thereafter no alterations or additions to the entries can be made.

PROGRAMME

(A) **Men's Competition** (Art. 45 of the Technical Regulations). The Competition will comprise 12 exercises, composed of one compulsory exercise and one voluntary exercise on the following apparatus :

- Horizontal fixed bar
- Parallel bars
- Rings
- Pommelled horse
- Long horse (vaults)
- Free-standing exercise.

(B) **Ladies' Competition** (Art. 56 of the Technical Regulations). The Competition will comprise 8 exercises, performed individually, namely one compulsory and one voluntary free-standing exercise (accompanied by music) as well as on the three following apparatus :

- Parallel bars at different heights

Balancing on beam

Long horse, un-pommelled, sideways, with beat board.

CLASSIFICATION

In the Olympic games, there will be the following classifications :

(A) **Men's Competition** (Art. 55 of the Technical Regulations).

- (1) *Team competition*—Classification will be decided by adding the 5 best scores obtained in each of the 12 exercises of the competition.
- (2) *Individual competition*—12 exercises—Classification will be decided by adding the scores obtained in all exercises.
- (3) *Individual apparatus competition*—Classification of the finalist competitions will be decided by adding the aggregate scores obtained in the compulsory exercise and voluntary exercise plus the score obtained in the final exercise of the 6 following apparatus : fixed bar; parallel bars; rings; pommelled horses; long horse; free-standing exercise.

(B) **For Ladies' Competition** (Art. 63 of the Technical Regulations).

- (1) *Team competition*—Classification will be decided by adding the 5 best scores obtained in each of the 8 individual exercise.
- (2) *Individual 8-exercise competition*—Classification will be decided by adding the scores obtained in all individual exercises.
- (3) *Individual apparatus competition*—Classification of the finalist competitors will be decided by adding the aggregate scores obtained in the compulsory and voluntary exercise plus the score obtained in the final exercise in each of the following : (1) Free-standing exercise to music, (2) Beam, (3) Bars at different heights, (4) Vault.

(C) Ties (valid for both men and ladies; Art. 55-63 of the Technical Regulations).

In the event of a tie in any placing of the official classification, men competitors, lady competitors or teams will held the same title.

ENTRIES

Team competitions: Each nation may enter, into each of the two sections (Men and Ladies) a team of 6 gymnasts who will participate in all the exercises.

Each gymnast will perform all the exercises on the programme of the competition.

Individual 12-exercise competition (men) and 8-exercise competition (ladies): Each nation automatically participates with the 6 gymnasts who have taken part in the team competition.

Individual apparatus competition, men and ladies: Only the 6 gymnasts obtaining the best score in each apparatus of the individual 12-exercise competition (men) or in the individual 8-exercise competition (ladies) will be allowed admission.

COMPETITION REGULATIONS

[Extracts from the Technical Regulations governing the gymnastics competitions in the Olympic games.]

1. GENERAL RULING

Participation in the gymnastics competitions of the Olympic games is open to all National Federations affiliated to the F.I.G. Entries are made on the forms despatched by the Organising Committee.

Gymnasts, men and ladies, must be 18 years old during the year of the competition; they must be of the same nationality as the Federation to which they belong and must be a member of a federated association. A lady gymnast who has reached the age of 16, however, may be authorised to compete on the responsibility of the Federation to which she belongs. No lady gymnast under the age of 16 will be authorised to compete.

All cases not covered by these regulations shall be decided without right of appeal by the office of the Jury acting as mandatory of the Technical Committee.

JURY

Each Federation, on its own responsibility will nominate as members of the Jury, one or more persons whose competence and equity are above all suspicion.

The Jury for the ladies' gymnastics competitions will only be composed of ladies.

At the time of accepting their tasks, the members of the Jury will solemnly pledge themselves in accordance with the following formula:

'I promise on my honour, that in my capacity as judge, I will allow myself to be guided only by the spirit of loyalty and dignity of sport and will judge the work given to me conscientiously with no regard either for the person or for the nation'.

Members of the Jury and the office of the Jury must devote themselves entirely and exclusively to the events of the competitions; they may neither direct a team nor take part in the exercises nor accept any other task.

Thirty minutes before the opening of the competition, the Jury office and members of the Jury, as well as the team leaders will assemble in the arena of the exercises so as to be instructed in the sequence of the teams for the different events, any possible alterations etc.

So as to achieve as far as possible, uniform scale of judgment, a score code will be established and a compulsory judging course of a minimum duration of two days will be organised for all judges engaged before each competition. Judges who are unable to participate in this course will not be allowed to act as judges.

Insofar as the men's jury is concerned a first allotment of judges presented by the competing nations will be made by the drawing of lots two months before the competition. This allotment to the various events will be made by the names of the nations. This drawing of lots will be entrusted to a special committee.

The designation of the Jury for the ladies' competition will be made by a direct selection on the part of the ladies' Executive Committee.

After this allotment, the judges will be designated by name on the part of their own Federation, with the reserve that approval be given by the Executive Committee.

The President of the Executive Technical Committee will act as President of the Jury. He will convoke and set up the Jury at such time, date and place to be decided. The Executive

Technical Committee constitutes, in the same way, the office of the Jury. The latter shall appoint a Technical Director and a Ground Manager. It will draw up and distribute the work. The members of the office of the Jury as well as the Technical Director and the Ground Manager cannot participate, under any circumstances whatsoever, in the team competitions. They are at the disposal of the President of the Jury, they supervise the scoring office and collaborate in the smooth running and direction of the competitions.

In the event of any claims the President of the F.I.G., or his substitute, the President and two other members of the office Jury as well as the Technical Director will comprise the Jury of Appeal. Each of the two sections, men and ladies, will constitute each independent of other its office of the Jury as well as its Jury of appeal.

Two members of the local committee will be attached to the Jury to give it all the advice and assistance that it may require.

Scorers operating under the supervision of the Office of the Jury, will be available to add the figures on the score-sheets.

The score-sheets supplied to the Jury shall be drawn up by the Executive Technical Commission.

The verdict of the Jury is irrevocable and there shall be no right of appeal, except in the case of material error.

A duplicate copy of the score-sheet will be given to each team, if possible, immediately after each exercise is completed. In the same way, each nation will receive a duplicate copy of the final results at the end of the competition.

The documents appertaining to the whole of the competition will be given after the announcement of the results to the President of the Organising Committee for publication purpose. Finally, all the documents will be deposited in the archives of the F.I.G.

THE COMPETITION

In the team competition, each nation may enter a maximum of six gymnasts and a minimum of five per team.

Nations who do not wish to enter a complete team have the possibility of entering from 1 to 3 gymnasts to participate as individuals. In order, however, to be able to enter for classifi-

cation per apparatus, these gymnasts must have totalled 80% of the maximum points exception being made in the case of an accident duly ascertained. In the competition, isolated gymnasts will form one or more groups (teams) or else they will be attached to another team. The order in which they are to follow in sequence from one apparatus to another will be decided either by amicable arrangement or by the drawing of lots but in any case so arranged as to avoid any waste of time.

Each national team as well as the isolated gymnasts are for the duration of the competition, under the direction of a leader. The duties of the latter are confined to conducting and presenting his team before the Jury from one event to another.

Before the commencement of the exercise the leader checks, to ensure that the apparatus is in good order. On commencement of the exercise on rings and on the fixed bar, he may lift a gymnast: during the performance of the exercise, he places himself near the apparatus so as to prevent a possible accident taking place, but he cannot assist in the performance of the exercises nor can he speak to the gymnast. His name and titles are indicated on the list of names of gymnasts constituting the team. His work receives no marks. He acts as an intermediary between the Jury and the Team.

Ladies' teams can only be directed by the ladies. Teams present themselves and depart in good order.

All judges of events and teams taking part in the competitions must be in the arena and on the sites, to which they have been assigned in good time,

The allotment of the teams in groups for the compulsory exercises and possibly for the voluntary exercises will be made by the drawing of lots two months before the competition. There will be a separate drawing of lots for each of the two sections of the competitions. This allotment will be made by the special committee in accordance with Art. 26 of the F.I.G. Technical Regulations.

The team competition will take place in two phases: the first will comprise the compulsory exercise and the second, the voluntary exercises. The time-table of events will be in accordance with the order established by the plan of work. All the apparatus will be used at the same time and the sequence of the apparatus will remain the same for all the teams.

An individual final will follow afterwards in between the best gymnasts on each apparatus for the individual apparatus classification.

The six gymnasts, who in the team competition will have obtained the best points on the two exercises on the same apparatus (compulsory and voluntary), will classify for the individual final on each apparatus. In the case of a tie for the fifth and sixth place, the designation of finalists will be made on the basis of the general individual classification of the team competition.

Gymnasts classified as finalists are under the obligation to participate in the competition, under pain or disqualification or exclusion from classification, even in these already established (exception being in the case of accident or *force majeure* duly ascertained). In exception to this rule the gymnast who has been classified for the final in more than three events may limit himself to three events of his choice on condition that he announces this to the President of the Jury immediately after the publication of the results of the team competition. He will be replaced in the final by the gymnast classified seventh.

Only the competitors who have taken part in all the events of the team competition will be admitted to the final.

In the final, each finalist will execute a voluntary exercise which may be different from that of the team competition.

Meetings of the office of the Jury, members of the Jury as well as men and lady leaders of teams will take place some days before the competition.

During these meetings, final instructions for the good order of the competition will be given. There will be a demonstration of the compulsory exercise and try-outs for which gymnasts will be made available by the organising committee; those of other nations may also take part.

Only the members of the Jury, the competitors and their technical managers (men and lady leaders), the secretaries of the groups of jurors and men necessary for the maintenance of the apparatus and the arena are admitted into the competition arena and admission is strictly forbidden to any other person.

Any gymnast leaving his team without authority from the Jury will not be allowed to return.

Substitution of competitors during the competition is not allowed.

Any indisposition and any accident must be immediately reported by the leader and confirmed by the duty doctor.

In order to allow an indisposed man or lady gymnast to recover, the team may interrupt its work for a maximum period of 30 minutes. If after this lapse of time the ascertained indisposition persists, the team will resume the competition and the indisposed gymnast will be eliminated.

On the apparatus, any gymnast may repeat, without loss of points, a compulsory exercise which he considers to have missed. He will have to announce his decision to the Jury before the judges have completed the scoring. The repetition of the exercise must be executed after a convenient period of rest but before the team leaves the apparatus. Only the second execution is valid.

Each gymnast has the right to make two attempts at the vaults of the long horse, both compulsory as well as voluntary. The best performance is valid.

The free-standing exercise cannot be repeated.

The voluntary exercise may not be repeated, excepting the long horse.

No nation will be authorised to use its own apparatus.

All apparatus must be supplied by the organising committee. The latter has to conform both with the existing ruling as well as with the instructions which the Technical Executive Committee will issue.

A double set of apparatus will be used for the training of teams, a few days before the competition and during the same.

The Executive Committee will appoint one or more persons who will verify the state of the apparatus in good time before the competition.

Any claim in connection with the participation of a gymnast must be addressed in writing to the President of the Jury at the beginning of the competition or as soon as the cause arise.

For all questions regarding the judging and the scoring not covered by these regulations, the scoring code will apply.

MODELS AND DIMENSIONS OF APPARATUS (MEN)

The ruling in regard to models and dimensions of apparatus are contained in a special brochure published by the F.I.G. The indications which follow, are a resume of the essential part of its contents.

Fixed Bar. Bar of polished steel of 28 mm. diameter. Height from ground to top of the bar 2.50 m. Usable length of bar (distance from pivot to pivot) 2.40 m. The guy wires are fixed to the ground at lateral distances of 1.50 m. and transversal distances of 2.0 m. from the foot of the uprights.

Parallel Bars. The bars (ramps) are made of wood; their cross-section oval with tapered and downwards vertical diameter 51 mm.; horizontal diameter 41 mm.

Height of top of bars from the ground 1.70 m. Length of bars 3.50 m. Distance between uprights valid from 42.48 cm.

Height of bottom supports, in wood or in iron, 10 cm. minimum.

The apparatus will not have planking at the bottom between the uprights.

If the apparatus is not heavy enough to guarantee its stability during the course of the exercise, it must be equipped with a device enabling it to be fixed to the ground.

Horse. Length 1.60 m.; width 85 cm. A special device enabling it to be fixed to the ground.

Pommelled Horse. Height from the ground to the back of the horse 1.10 m. Height of the pommel from the back of the horse 12 cm.

Interior measurement between pommels 40-45 cm. Length of the pommels 28 cm.

Diameter of the grip of the pommels 34 mm.

The pommels are of polished wood and their upper portion is horizontally slightly convex for a length of at least 6 cm.

Long Horse. Height of the back of the horse above the ground 1.35 m.

Rings. Interior measurement between uprights of supporting frame 2.80 m.

Height of the supporting frame : 5.50 m. Height from the ground to the rings diameter of the grip included 2.50 m. Height regulated by means of a device.

Interior diameter of the rings: 18 cm. Distance between the ropes: 50 cm. approximate.

The rings must be made of wood glued together with polished surface and must have a grip diameter of 28 mm.

The rings are suspended by hemp ropes of 12-13 mm. diameter or by metal cables of 5-6 mm. diameter. The rings are attached to the ropes by means of leather straps or bands sewed together at the extremities.

Length 700 mm.; width 35 mm. and thickness 4 mm.

A special device placed between the frame and the ropes not weighing more than 600 gr. will prevent the ropes from twisting.

The guy wires are fixed to the ground at lateral distances of 1.30 m. and transversal distances of 2 m. from the foot of the uprights.

Floor (usable) for Free-standing Exercises. Levelled and supple floor measuring 14×14 m.; covered by a carpet of soft felt or other similar material measuring at least 12×12 cm.; thickness from 5-10 mm.

The felt covering will be such as to prevent all slipping on the floor.

The space, available to the gymnasts, measuring 12×12 m., will be very clearly marked.

Beat-Boards. Length 120 cm.; height to the front 12 cm.; width 60 cm. It can have the maximum springness possible within the limits of these measurements. For the long-horse vaults, it must be possible to fix two beat boards at distances of 5 cm. by means of a device fixed to the horse.

MODELS AND DIMENSIONS OF APPARATUS (WOMEN)

The ruling in regard to the models and dimensions of the apparatus are contained in a special brochure published by the F.I.G. The indications which follow are a resume of the essential part of its contents.

Bars at Different Heights

Height of top bar	... 230 cm.
Height of bottom bar	... 150 cm.
Length of bars	... 350 cm.
Bars in wood of oval shape	... 41×51 mm.
Distance between the two bars	... 43-48 cm.

The top bar can only be regulated in height and does not possess any device for widening.

The upright into which the top bar is fixed must provide a maximum resistance with a minimum of 190 cm.

In order to ensure absolute stability, a transversal support will be provided, fixed on the one side to the top part of the upright and on the other part to the base.

The height of the bottom bar can be regulated and it will possess a device allowing lateral movement.

The upright into which the bottom bar is inserted will be 120 cm.

The base of the apparatus must be very heavy and must offer the maximum stability which can also be ensured by means of a device fixing it to the floor or to the ground.

Beam. Height of beam : (to top) 120 cm.
Length 500 cm.

Cross-section, lower and upper sections : width 10 cm., bulged in the centre where the width is 13 cm.

Height : 16 cm.

The beam is firmly fixed to an adjustable upright allowing mobility upwards from 100 to 120 cm.

The upright rests on the ground by means of a tripod, the base of which is covered with anti-skid rubber.

Beat-Board. A hard beat-board, 10 cm. high eventually placed on a full protection mat is authorised for the boards and beam exercises.

Long-Horse. Length ... 160 cm.
Height ... 110 cm.
Width ... 35 cm.

One must be able to fix the horse to the ground by means of guy ropes.

Beat-Board of the Long-horse :—It must offer the maximum elasticity possible.

Length : 120 cm. Forward height : 12 cm. Width : 60 cm.

A thin layer of anti-skid rubber will cover the top of the board at the point where first contact with the board is made.

Usable Floor Space for Free-standing Exercises. Level and supple floor measuring 14×14 mm. covered by a carpet of soft felt or other similar material measuring at least 12×12 m. and of thickness from 5 to 10 mm.

The felt covering will be such as to prevent all slipping of the floor.

The space available to the gymnasts, measuring 12×12 , will be clearly marked.

HOCKEY

1. Teams and Duration of play. (a) A game shall be played between two teams. Not more than eleven players of each team shall be on the field of play at the same time. At no time shall there be on the field more than one goal-keeper in each team.

(b) Each team is permitted to substitute up to two players during the game. (This provision is not mandatory at any level).

(c) No player once substituted shall be permitted on the field again and no substitute shall be permitted for a suspended player during his suspension.

(d) Substitution of players may only take place with the prior permission of an umpire during any stoppage of play other than for the award of a corner, a penalty corner, or a penalty stroke. Time may be added for substitutions.

(e) The duration of the game shall be two periods of thirty-five minutes each, unless otherwise agreed before the game.

(f) At half-time the teams shall change ends, and the duration of the interval shall not exceed five minutes, unless otherwise agreed before the game, but in no case shall it exceed ten minutes.

(g) The game starts when the umpire blows his whistle for the opening bully. (See also Rule 10 (a).)

2. Captains. The captains shall :

(a) toss for choice of ends.

(b) before the start of play and on any change, indicate, if necessary, to each other and to the umpires, their respective goal-keepers.

(c) be responsible for obtaining approval of an umpire before putting on a substitute. (See also Rule 1 (d).)

3. Umpires and Timekeepers. (a) There shall be two umpires to control the game and to administer the rules.

These umpires shall be the sole judges of fair and unfair play during the game.

(b) Unless otherwise provided, each team shall be responsible for providing one umpire.

(c) Each umpire shall be :

(i) primarily responsible for decisions in his own half of the field, for the whole of the game without changing ends.

(ii) solely responsible for decision on the push-in for the full length of his nearer side-line.

(iii) solely responsible for decisions on corners, penalty corners, penalty strokes and goals in his own half.

(d) The umpires shall be responsible for keeping time for the duration of the game. It shall be permissible to have a timekeeper or timekeepers. Such timekeepers shall take over those duties of the umpires which concern the keeping of time and the indication of the end of each half.

(e) Umpires shall allow the full or agreed time and shall keep a written record of the goals as they are scored.

(f) Time shall be allowed for all enforced stoppages and, when necessary, extra time for the completion of a penalty stroke, and such time shall be added to that half in which the stoppage occurred.

(g) Umpires and timekeepers shall be debarred from coaching during a game and during the interval.

(h) Umpires shall only blow the whistle to :

(i) start and end each half of the game.

(ii) enforce a penalty or suspend the game for any other reason.

(iii) start and end a penalty stroke.

(iv) indicate, when necessary, that the ball has passed wholly outside the field of play.

(v) signal a goal.

(vi) re-start the game after a goal has been scored and after a suspension of play.

(i) Umpires shall satisfy themselves before the game that, as far as is practicable, Rules 4 to 9 inclusive are observed.

Umpires shall refrain from enforcing a penalty in cases where they are satisfied that by enforcing it an advantage would be given to the offending team.

NOTE. It is recommended that :

(a) the time in each half should be kept by both umpires but, by mutual agreement, one umpire should be primarily responsible for the starting and ending of each half.

(b) to avoid any error, the umpires should exchange an agreed signal before starting or re-starting play and also approximately one minute before the end of each half.

(c) if the umpire primarily responsible appears to be over-running the time, then his colleague should stop play and consult him on the matter.

(d) the umpires should agree the amount of time to be added after each penalty stroke and after any substantial stoppage for accident or otherwise (See Rule 16 (f) and Rule 18 (a).)

(e) **Enforced Stoppages.** Reasons justifying such stoppages include accidents, penalty strokes, time wasting, repair of goals and other unforeseen incidents.

(f) **Penalty Stroke.** The blowing of the whistle by the Umpire to indicate a goal or no goal does not indicate the resumption of play. (See Rule 3 (h) (iii).)

4. Field of Play. (See Plan on page 206.)

(a) The field shall be rectangular, 100 yards long and 60 yards wide. Its boundaries shall be clearly marked out with lines in accordance with the Plan on page 206. The longer lines shall be called the side-lines and the shorter the goal-lines, the latter to be 3 inches wide throughout.

(b) The centre line shall be marked out, throughout its length. The 25-yards lines shall be marked with broken lines throughout their length.

(c) To assist in the control of the push-in, across the centre line and each 25-yards line, parallel to and 5 yards from the side-lines a mark of 2 yards in length shall be made.

(d) A mark shall be placed inside the field of play on each side-line and parallel to the goal-line and 16 yards from its inner edge. The mark shall not exceed 12 inches in length.

(e) For penalty corner hits, the field shall be marked inside the field of play on the goal-lines on both sides of the goal at 5 yards and 10 yards from the nearer goal-post. For corner hits the field shall be marked inside the field of play on

the goal-lines and on the side-lines 5 yards on either side of the corner flags.

(f) A spot shall be marked 7 yards in front of the centre of each goal. The spot shall be of not more than 6 in. in diameter.

(g) No marks other than those shown on the Plan on page 206 are permissible on the playing surface.

(h) Flag posts, at least 4 ft. and not more than 5 ft. high, shall be placed for the whole game on each corner of the field, (See Diagram below), also at the centre and, for men at the 25-yards lines; those at the centre and the 25-yards lines shall be at least 1 yard outside the side-lines.

NOTE. It is advisable for umpires to make a careful study of the plan and to check that the ground markings are in accordance with the Plan and in particular to check:

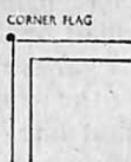
(a) the circle markings.

(b) that flag posts are correctly placed and that they are of the correct height.

Posts under 4 ft. in height are dangerous.

It should be noted that all boundary lines are within the field of play.

Goal-keepers should not be allowed to scrape any marks on the surface of the ground.



5. Goals, Posts, etc. (See Specification on page 226)

(a) There shall be a goal at the centre of each goal-line, consisting of two perpendicular posts 4 yards apart, joined together by a horizontal cross-bar 7 feet from the ground (inside measurements). The front base of the goal-posts shall touch the outer edge of the goal-line. The goal-posts shall not extend upwards beyond the cross-bar, nor shall be cross-bar extend sideways beyond the goal-posts. The goal-posts and cross-bar shall be rectangular and shall be 2 inches wide, not more than 3 inches deep and shall be painted white. Nets shall be attached firmly to the goal-posts and the cross-bar, at inter-

vals of not more than 6 inches, and shall be attached firmly to the ground behind the goal.

(b) A back-board, 4 yards in length and not exceeding 18 inches in height, shall be placed at the foot of and inside the goal-nets. Side-boards of a minimum length of 4 feet and not exceeding 18 inches in height, shall be placed at right angles to the goal-lines. The side-boards shall be fixed to the back of the goal-posts, so that the width of the goal-post is not effectively increased.

(c) No chocks shall be placed inside the goal to support any of the boards.

NOTES: Umpires should check:

(a) that goal-posts are firmly fixed.

(b) that the goal-posts and cross-bar are painted white.

(c) that the goal-posts are correctly placed in relation to the goal-line.

(d) that there are no holes or bad tears in the netting, that the goal-nets are properly attached and that goal-boards are inside the net and do not project beyond the back of the goal-posts.

Without such careful inspection there may be difficulty and even inaccuracy in making decisions of a critical nature.

6. Shooting Circles. (See plan on page 205)

In front of each goal a line shall be drawn 4 yards long and 3 inches wide, parallel to and 16 yards from the goal-line. The 16 yards shall be measured from the inside front corner of the goal-posts to the outer edge of that line. This line shall be continued each way to meet the goal-lines by quarter circles having the inside front corner of the goal-posts as centres. The space enclosed by these lines, including the lines themselves, shall be called the "shooting circle" (hereinafter referred to as "the circle")

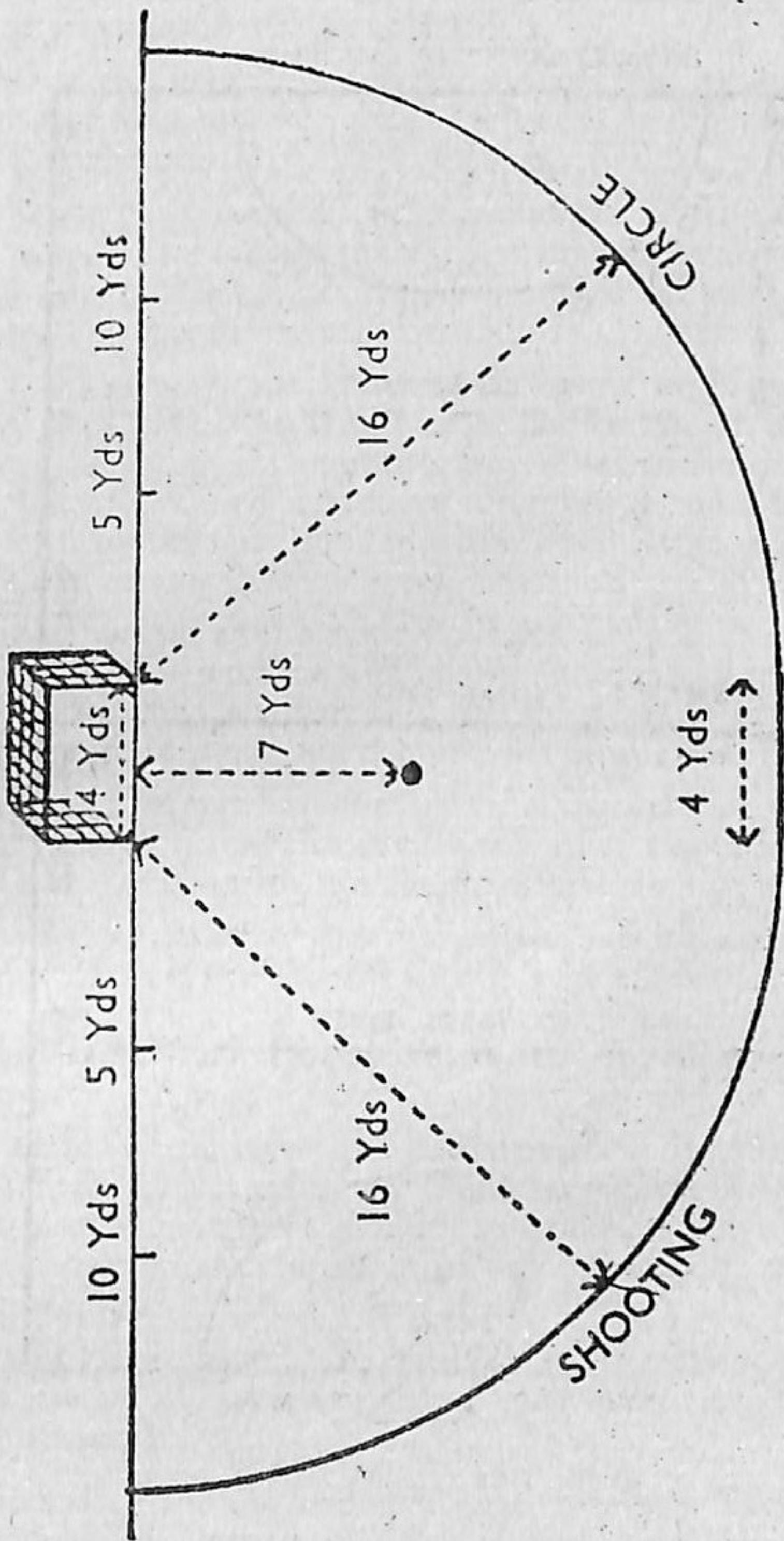
7. The Ball (a) The cover of the ball shall be of white leather or of any other leather painted white. It shall be sewn in a manner similar to the cover of a regulation cricket ball, or it may be seamless.

(b) The inner portion of the ball shall be composed of cork and twine, similar to that of a regulation cricket ball.

(c) The weight of the ball shall not be more than $5\frac{3}{4}$ ounces nor less than $5\frac{1}{2}$ ounces.

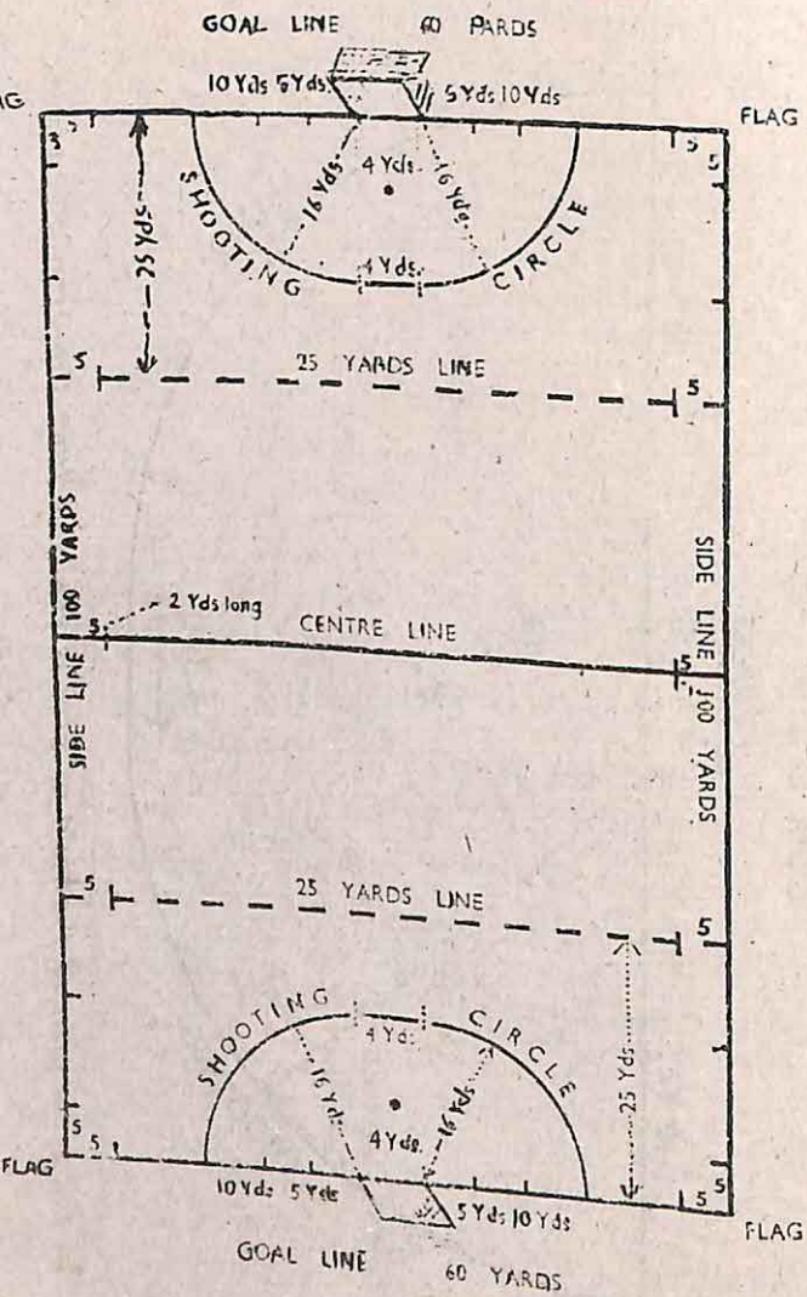
SHOOTING CIRCLE

GOAL LINE 60 YARDS



A full scale plan of the field of play is available from the Hon. Secretaries.

PLAN OF FIELD OF PLAY



The front of the goal-posts must be touching the outer edge of the goal-line. The circle lines and the goal-lines must be 3 in. wide. A white spot of not more than 6 in. in diameter shall be marked 7 yards in front of the centre of each goal. A short indication marks must be inside the field only and shall be 12 in. in length.

(d) The circumference of the ball shall be not more than $9\frac{1}{4}$ inches nor less than $8\frac{13}{16}$ inches.

(e) A ball of any other material or colour, but of the size and weight specified above, may be used as agreed upon mutually before the game.

8. The Stick. (a) The stick shall have a flat face on its left-hand side only. The face of the stick is the whole of the flat side and that part of the handle for the whole of the length which is above the flat side.

(b) The head of the stick (i.e. the part below the lower end of the splice) shall be of wood and shall not be edged with or have any insets or fittings of metal or any other substance, nor shall there be any sharp edges or dangerous splinters. It shall not be cut square or pointed, but shall have rounded edges.

(c) The total weight of the stick shall not exceed 28 ounces for men, 23 ounces for women, nor be less than 12 ounces and it shall be of such a size, inclusive of any covering, that it can be passed through a ring having an interior diameter of 2 inches.

(d) Umpires shall forbid the use of any stick which in their opinion does not comply with this Rule. [See Rule 3 (i)].

PENALTY: *For any breach of Rule any player concerned shall not be allowed on the field of play until such time as he has complied with this Rule.*

9. Player's Dress and Equipment. (See Specification on Page 227).

(a) Each team should wear the dress approved by its Association or Club, unless varied to avoid confusion in a particular game. Players shall not have dangerous spikes, studs or protruding nails in foot-wear or wear anything that may be dangerous to other players.

Goal Keepers' Equipment. (b) The following equipment is permitted for use by goal-keepers only: Pads, Kickers, Gauntlet Gloves and Masks.

(c) Umpires shall forbid the wearing of anything which in their opinion does not comply with this Rule. [See Rule 3(i)].

PENALTY: *For any breach of this Rule any player concerned shall not be allowed on the field of play until such time as he has complied with this Rule.*

10. The Bully. (a) A bully shall be played at the centre of the field to start the game, to re-start it after half-time and after a goal is scored. [See Rules 12 III and 18 (b((i))].

(b) To bully, a player of each team shall stand squarely facing the side-lines, each with his own goal-line on his right. The ball shall be placed on the ground between the two players.

Each player shall tap with his stick, first the ground between the ball and his own goal-line, and then, with the flat face of his stick, his opponent's stick, over the ball, three times alternately, after which one of these two players shall play the ball with his stick to put it into general play.

(c) Until the ball is in general play, all other players shall be nearer to their own goal-line than is the ball and shall not stand within 5 yards of the ball.

(d) A bully in the circle shall not be played within 5 yards of the goal-line.

PENALTIES: 1. *For any breach of this Rule, the bully shall be played again.*

2. *For persistent breaches of this Rule, the umpire may award a free hit to the opposing team; or for such breaches in the circle by a defender, a penalty corner.*

Note the distance laid down:

(a) no bully in the circle within 5 yards of the goal-line.

(b) All players must remain on-side and 5 yards from the ball until it is in general play.

Only the flat face of the stick [Rule 10 (b)] may be used during the bully and contact must take place over the ball. Much obstruction will be prevented if the two players are made to stand square, not moving their feet until the ball is in play.

11. Scoring a Goal. (a) A goal is scored when the whole ball has passed completely over the goal-line between the goal-posts and under the cross-bar, the ball, within the circle, having been hit by, or having glanced off, the stick of an attacker, except as specially provided for in Rule 15 (g) and Rule 16. It is immaterial if the ball subsequently touch, or be played by one or more defenders. If, during the game, the goal-posts

and/or the cross-bar become displaced, and the ball pass completely over the goal-line at a point which, in the umpire's opinion, be between where the goal-posts and/or under where the cross-bar, respectively, should have been, a goal is scored.

(b) The team scoring the greater number of goals shall be the winner.

The ball must be inside the circle when hit by an attacker (although he himself may be outside). If it is hit within the circle and then touches the stick or person of a defender or defenders before crossing the goal-line between the posts, a goal is scored.

Should the ball be hit from outside the circle by an attacker and be diverted between the posts by a defender who is in or outside the circle within the 25-yard area, a corner should be given.

NOTE: (a) the lines are part of the circle.

(b) the whole ball must cross the goal-line before a goal is scored.

After a stoppage of play inside the circle the ball must again be hit from inside the circle by the stick of an attacker, before a goal can be scored.

12. Conduct of Play. I. A player shall not:

(a) play the ball with the rounded side of his stick.

(b) take part in or interfere with the game unless he has his own stick in his hand, or change his stick for the purpose of taking part in the game under Rule 14, 15, 16, and 17 II and III.

"Own stick" means the stick with which the player began to play, or any stick that he legitimately substitutes for it.

(c) raise any part of his stick above his shoulder, either at the beginning or at the end of a stroke, when approaching, attempting to play, playing the ball, or stopping the ball.

(d) hit wildly into an opponent or play or kick the ball in such a way as to be dangerous in itself, or likely to lead to dangerous play.

(e) stop or deflect the ball on the ground or in the air with any part of the body TO HIS OR HIS TEAM'S ADVANTAGE [save as provided for in Rule 12 II (b)].

(f) use the foot or leg to support the stick in order to resist an opponent.

(g) pick up, kick, throw, carry or propel the ball in any manner or direction except with the stick. (But see Rule 12 II(d).)

(h) hit, hook, hold, strike at or interfere with an opponent's stick.

(i) charge, kick, shove, trip, strike at or personally handle an opponent or his clothing.

(j) obstruct by running between an opponent and the ball or interpose himself or his stick as an obstruction.

II A player may—

(a) play the ball only with the flat side of his stick which includes that part of the handle above the flat side.

(b) stop the ball with his hand or catch it. In the latter case the ball shall be released into play immediately.

(c) tackle from the left of an opponent provided that he play the ball without previous interference with the stick or person of his opponent.

(d) if he is goal-keeper, be allowed to kick the ball or stop it with any part of his body but only when the ball is inside his circle. No penalty shall be incurred if when stopping a shot at goal, the ball merely rebound off any part of the goal-keeper's body.

III

If the ball become lodged in the pads of a goal-keeper (or in the clothing of any player or umpire) the umpire shall stop the game and re-start it by a bully on the spot where the incident occurred (subject to Rule 10 (d)). If the ball strike an umpire the game shall continue.

IV Misconduct. Rough or dangerous play, time-wasting or any behaviour which in the umpire's opinion amounts to misconduct shall not be permitted.

PENALTIES 1. *Outside the circle.* A free hit shall be awarded to the opposing team. An umpire shall, however, award a penalty corner for an offence by any defender in his own 25 yards area, when in the umpire's opinion, the offence was deliberate.

2. *Inside the circle—by an attacker.* A free hit shall be awarded to the defending team.

3. Inside the circle—by a defender, A penalty corner or a penalty stroke shall be awarded to the attacking team.

4. Inside and Outside the circle. (a) For a simultaneous breach of this Rule by two opponents, the umpire shall order a bully to be played on the spot where the breach occurred (subject to Rule 10 (d)).

(b) For rough or dangerous play or misconduct, in addition to awarding the appropriate penalty, the umpire may:

(i) warn the offending player(s).

(ii) suspend him temporarily, for not less than five minutes.

(iii) suspend him from further participation in the game.

A temporarily suspended player shall remain behind his own goal, until allowed by the umpire by whom he was suspended, to resume play; when necessary changing ends at the start of the second half of the game.

NOTES. I (c) Sticks. When striking at the ball, no part of the player's stick (handle or blade) must in any event rise above his shoulder.

A penalty stroke should be given when a defender (usually the goalkeeper) has saved a probable goal on his stick above his shoulder; but not if he gives "sticks" at the beginning or end, of his stroke, when a penalty corner might be more appropriate.

I (d) Dangerous Play. This rule is intended to prevent injury to players and umpires should be very firm in penalizing dangerous play such as undercutting or raising the ball in any way.

A rising ball is dangerous when it causes legitimate evasive action on the part of the players.

A player should be penalised who by raising the ball is guilty of or directly causes dangerous play. Hitting the ball whilst it is in the air is not permissible if the stroke is itself dangerous. The practice of carrying or bouncing the ball on the stick is disapproved, because it becomes dangerous play when the player concerned is tackled by an opponent, who is then forced to play the ball in the air. Whenever it is continued to this point it should be penalized.

I (e) Stopping the Ball. A raised ball may be stopped or caught by the hand, but the ball must drop immediately to the ground. If, however, the ball is lifted dangerously into an oncoming player who uses his hand to protect himself, and in so doing propels the ball slightly forward, he should not be penalized. If a penalty is given it should be against the player who raised the ball.

Before penalizing a breach involving the stopping of the ball with some part of the body (other than the hand) the umpire must be satisfied that the player concerned used his body either:

(i) By moving into the line of the ball.

(ii) By so positioning himself that his intention to stop the ball in such a manner was clear.

(iii) By making no effort to avoid being hit.

I (g) Propelling the Ball. NOTE. (i) the ball must not be carried forward in any way by the body.

(ii) a player should not be penalized for a rebound when the ball has been hit straight at him from close quarters by an opponent.

I (h) Stick Interference. Hooking and striking at sticks should be strictly penalized.

Should a player slash wildly at the ball and hit an opponent or his stick instead, he should be penalized. A player may not throw his stick at the ball.

I (i) (j) Body Interference and Obstruction. Subject to the "advantage Rule" umpires should be particularly strict on obstruction and other forms of interference dealt with in this Rule.

It should be noted that obstruction does not necessarily depend on the distance from the ball of the players concerned.

A player even if in possession of the ball, may not interpose his body as an obstruction to an opponent. A change of direction by a half-turn of the body with this result may amount to obstruction. It should be noted, however, that even a complete turn does not constitute a breach unless an opponent has thereby been obstructed in an attempt to play the ball.

Obstruction occurs frequently at push-ins and should be watched for carefully.

A player must not interpose any part of his body or his stick as an obstruction between his opponent and the ball. Watch too for third party interference i.e. a player interposing himself between his opponent and the ball so that a fellow player has an opportunity to clear or play the ball.

Other names for these offences are : shadow-obstruction, shepherding, blocking out or even as a general term "close-marking".

II (d) The goal-keeper. A goal-keeper is not allowed to strike at the ball with his hand, or breast it out with his body. Umpires are disposed to be too lenient towards breaches of the Rules by goal-keepers.

The more usual breaches are running between an opponent and the ball when it is about to go behind, opening the legs to let the ball go through when an opponent is within striking distance and making a wild stroke at the ball when clearing.

The goal-keeper must not be allowed further privileges than those given by this Rule.

Goal-keepers are not permitted to kick dangerously, (See 12' (d).)

III NOTE. that if the ball become lodged in the pads of a goal-keeper (or in the clothing of any player or umpire) the umpire shall suspend the game and re-start it by a bully on the spot where the incident occurred. (Subject to Rule 10 (d)).

PENALTIES. The penalties for rough and dangerous play, misconduct, or time-wasting, should be noted carefully, and the appropriate penalty awarded.

Persistent breaches of the Rules may suitably be dealt with under this Rule. If rough or dangerous play becomes prevalent, a word of caution to the offender(s) should effectively prevent the game getting out of hand. For those breaches of the Rule inside the circle Rule 16 should also be taken into consideration.

13. Off-side. (a) A player of the same team as the striker or pusher-in is in an off-side position if, AT THE MOMENT WHEN THE BALL IS HIT OR PUSHED-IN he be nearer to his opponents' goal-line than the ball is unless :

he be in his own half of the field,

OR

there be at least two opponents nearer to their own goal-line.

For the purpose of this Rule, a player of either team shall be deemed to be on the field of play even though he be outside the side line or behind the goal-line.

(b) A player who is in an off-side position shall not play or attempt to play the ball or gain any advantage for his team or influence the play of an opponent.

PENALTY. *A free hit shall be awarded to the defending team.*

13. Off-Side. The question of whether a player is off-side is governed by WHERE HE WAS AT THE MOMENT WHEN THE BALL WAS PLAYED not where he is when he receives the ball. The umpire must always have this in mind otherwise he may easily give a wrong decision.

A player in an off-side position whether on or off the field SHOULD NOT BE PENALIZED UNLESS he interferes in any way with an opponent or the play, or gains some advantage by his off-side position, or by his presence causes any interference with the play of an opponent.

A player cannot be off-side if :

(a) he is in his own half of the field at the time the ball is hit or pushed-in.

(b) he is nearer his own goal-line than the ball is at the time it is hit or pushed-in.

(c) there are at least two opponents nearer to their own goal-line than he is at the moment when the ball is hit or pushed-in.

If a player is off-side, he is not automatically put on-side by returning to his own half of the field to play the ball.

A whole line of forwards having outdistanced the defence and only having the goal-keeper in front of them could pass and re-pass to each other without being off-side as long as they keep behind the ball.

A player who is left off-side after making a previous shot should not be penalized if he is trying to get back on-side, unless he is obstructing or distracting any opponent.

14. Free Hit. For Women Only.

(a) A free hit shall be taken from the spot on which the breach occurred, except for an offence by an attacker within the circle, in which case the free hit shall be taken from any spot within the circle.

(b) The ball shall be stationary. Any legitimate stroke may be used except that any ball propelled into the circle shall not rise above knee height.

For Men Only. (a) A free hit shall be taken on the spot where the breach occurred, provided that any free hit awarded to the defending team within 16 yards of the inner edge of their goal-line may be taken from any spot within that distance on a line drawn through the place where the breach occurred and parallel to the side-line.

(b) The ball shall be stationary and the striker shall hit the ball or PUSH IT ALONG THE GROUND. A flick or scoop shot shall not be permitted.

For All. (c) At the moment when the free hit is taken, no player other than the striker shall be within 5 yards of the ball. Should, however, the umpire consider that the player is standing within 5 yards in order to gain time, the free hit shall not be delayed.

(d) If the striker hit at but miss the ball, provided that Rule 12 I (c) has not been contravened, he shall take the hit again.

(e) After taking the free hit, the striker shall not play the ball nor approach within playing distance until it has been touched or played by another player of either team.

PENALTIES

1. Inside the circle.

A penalty corner or a penalty stroke shall be awarded to the attacking team.

2. Outside the circle.

A free hit shall be awarded to the opposing team.

14. Free Hit. The free hit must be taken from the right spot and the ball must be motionless.

For Women only. A free hit in the circle may be taken from any spot within the circle.

Should there be any unnecessary delay by the players of the offending side in observing the 5-yards distance Rule, the umpire need not order the hit to be taken again.

15. Penalty Corner. (a) A player of the attacking team shall hit the ball or PUSH IT ALONG THE GROUND from a spot on the goal-line not less than 10 yards from the goal-post, on whichever side of the goal the attacking team prefers. The player concerned is not required to be wholly inside or outside the field of play when taking the corner.

(b) At the moment when such hit or push is made, no other player shall be within 5 yards of the ball.

The rest of the attacking team shall have both sticks and feet outside the circle, in the field of play.

Not more than six of the defending team shall have both sticks and feet behind their own goal-line. The rest of the defending team shall stand beyond the centre line.

(c) Until the ball be hit or pushed no attacker shall enter the circle, nor shall a defender cross the goal-line or the centre line.

(d) No shot at goal shall be made from a penalty corner or from a deflection, unless the ball first be stopped (not necessarily motionless) on the ground by an attacker or touch the stick or person of a defender.

(i) If the ball has not previously been touched by a defender, or has not been stopped sufficiently on the ground, a flying hit, following a pass or deflection from one attacker to another, should be penalized as a breach of this Rule.

(ii) If the ball be stopped by the stick it need not be motionless before it is played but it must be on the ground.

(iii) If the hand is used to stop the ball on the ground, the ball must be stopped, motionless and not be moved in any direction by the hand.

(iv) If the hand is used to stop the ball in the air, the ball must drop perpendicularly and must be motionless on the ground before a shot can be taken.

(e) Having taken the penalty corner, the striker shall not approach within playing distance of the ball until it has been touched or played by another player of either team.

(f) If the striker of the penalty corner hit at but miss the ball, the penalty corner shall be taken again, provided that Rule 12 I (c) has not been contravened.

(g) No goal shall be scored directly by the player taking the penalty corner.

PENALTIES

2. *For a breach of Rule 15 (c) viz :*

Attacker entering the circle or defenders crossing the goal-line or centre line too soon—the penalty corner may, at the discretion of the umpire, be taken again.

2. *For persistent breaches of Rule 15(c) by the attackers*
—The umpire may award a free hit.

3. *For persistent breaches of Rule 15(c) by the defenders*
—The umpire may award a penalty stroke.

4. *For any other breach of Rule 15*—A free hit shall be awarded to the defending team.

15. **Penalty Corner.** (a) Both teams should be correctly positioned.

(b) The ball must be stopped, not necessarily motionless. The ball may be deflected or passed one or more times by the attacking players, but it must be stopped before a shot at goal is made.

However, for a hit towards the goal made from outside the circle, nothing in these Rules requires that for that particular hit, the ball should first have been stopped.

(c) If the ball has not previously been touched by a defender, or stopped sufficiently on the ground, a flying shot at goal directly from the corner hit or from a pass or deflection must be penalized immediately.

(d) The umpire has the right to order the penalty corner to be taken again if a defender crosses the goal-line or the centre line before the ball is hit. This power should, however, be used with discretion. It is often to the disadvantage of the attacker to stop the game when the corner has been well hit, well stopped and resulted in the attacker being in a good position to shoot.

(e) "Directly" means the ball entering the goal without touching the stick or person of a defender.

16. Penalty Stroke. (a) A penalty stroke shall be awarded to the opposing team, if, in the umpire's opinion:

(i) there has been an INTENTIONAL breach of Rules 12 or 14 inside the circle by a player of the defending team
OR

(ii) a goal would probably have been scored had an UNINTENTIONAL breach of Rule 12 inside the circle by a player of the defending team not occurred. [See also Rule 15 (c) Penalties (3).]

(b) (i) The penalty stroke shall be either a push, flick or scoop stroke taken from a spot 7 yards in front of the centre of the goal-line by a player of the attacking team and defended by the goal-keeper of the opposing team. In the event of the goal-keeper being incapacitated or suspended, the captain of the defending team shall immediately nominate another goal-keeper.

This goal-keeper shall be permitted to put on protective equipment if the previous goal-keeper was incapacitated, but not if he has been suspended.

(ii) Whichever stroke is used, the ball may be raised to any height.

(iii) During the taking of a penalty stroke all the other players of both teams shall stand beyond the nearer 25-yards line.

(c) When taking the stroke the attacker shall stand close to the ball and shall be permitted in making the stroke to take one stride forward. The stride shall not be invalidated by reason of the rear foot moving, provided that it does not pass the front foot before the ball is moved. Dragging or lifting the rear foot is not a breach of this Rule.

He may touch the ball once only and thereafter shall not approach either the ball or the goal-keeper. The attacking player shall not take the penalty stroke until the umpire, having satisfied himself that both defender and attacker are ready, has indicated that he may do so by blowing his whistle.

(d) (i) The goal-keeper shall stand on the goal-line. After the player taking the stroke and the goal-keeper are in

position, the goal-keeper may not leave the goal-line or move either of his feet until the ball has been played.

(ii) He shall not be penalized, if, in stopping a shot at goal, the ball, in the umpire's opinion, merely rebounds off his body or his hand. If the ball be caught and held by the goal-keeper it shall be deemed to be at rest. [See also Clause (e) (iii).] He may not touch the ball with any part of his stick when the ball is above the height of his shoulder. The usual privileges of the goal-keeper shall be allowed to him, but he shall not be allowed any change of dress or equipment between the award and the completion of the penalty stroke. [See Rule 16 (b) (i) above.]

(iii) If any action by the striker prior to striking the ball, induce the goal-keeper to move either of his feet, or, if the striker feint at striking the ball, the stroke may be taken again.

(e) If, as a result of the penalty stroke:

(i) the whole ball pass completely over the goal-line between the goal-posts and under the cross-bar, a goal is scored.

(ii) there be a breach of any rule by the goal-keeper which prevents a goal from being scored, the umpire shall award a goal, unless such breach shall have been induced by the striker as in the last paragraph of (d) (iii) above.

(iii) the ball should come to rest inside the circle, be lodged in the goal-keeper's pads, be caught by the goal-keeper or pass outside the circle, in all cases, the penalty stroke is ended. Unless a goal has been scored or awarded, the game shall be re-started by a free hit to be taken by a defender from a spot in front of the centre of the goal-line and 16 yards from the inner edge of that line.

(f) All time taken between the award of a penalty stroke and resumption of play shall be added to the time of play.

PENALTIES. (1) *For a breach of this or any Rule by an attacker, the game shall be re-started in accordance with clause (e)(iii) of this rule.*

(2) *For a breach of clause (b)(iii) or (d)(i) the umpire may order the stroke to be taken again.*

16. Penalty Stroke. Note the cases in which this may be awarded, and that it shall be awarded if, in the umpire's opinion, an intentional breach of Rule 12 has been committed inside the circle even though it may seem to the umpire improbable that, but for the breach, a goal could have been scored.

It should be particularly noted that this penalty is intended to meet offences which may materially affect the game, when a more severe penalty than a penalty corner is necessary, and it should be applied accordingly by umpires.

It is not always easy for an umpire to decide whether a breach is intentional or not, but a distinction should be made between committing a breach of the Rules that is entirely forbidden, such as charging, and a breach which is the result of an attempt to do something lawful, such as stopping with the hand. A defender must show by his actions that he has tried to prevent fouling an attacker e.g. charging into a player about to shoot from a favourable position should invariably be regarded as intentional for the purpose of this Rule.

If a goal-keeper falls on or beside the ball in front of goal, an award of a penalty stroke would be appropriate in most cases where the opponents thereby have no fair view of the ball or opportunity to play the ball.

If there is any unreasonable delay by either the defender or attacker in carrying out any of the provisions of this Rule, the Umpire may treat such delay as misconduct (Rule 12 IV) and deal with it accordingly.

By the defenders—under Rule 16 (e) (ii)

By the attackers—under Rule 16 (e) (iii)

17. Ball Outside Field of Play. I Hit from 16 yards. When the ball is sent over the goal-line by one of the attacking team, and no goal is scored, or in the umpire's opinion it is sent unintentionally over the goal-line by one of the defending team who is more than 25 yards from the goal-line the game shall be re-started by a hit by one of the defending team from the spot exactly opposite the place where it crossed the goal-line and not more than 16 yard (but exactly 16 yards for women) from the inner edge of that line.

Other than the striker, no player of either team shall be within 5 yards of the ball when the hit is taken.

The penalties of Rule 14 shall apply.

II. Corner. When the ball, in the umpire's opinion, is sent unintentionally over the goal-line by or off one of the defending team who is within his own 25 yards area, a corner shall be awarded to the attacking team, unless a goal has been

scored. The provision of Rule 15 shall apply to the corner, except that the player shall hit the ball, or PUSH IT ALONG THE GROUND from a spot on the goal-line or the side-line within 5 yards of the corner flag nearer to the point where the ball crossed the goal-line.

PENALTIES 1, 2, 3 and 4 of Rule 15 shall apply except for 3 when the umpire may award a penalty corner for such breaches by a defender.

III. Penalty Corner. When the ball, in the umpire's opinion is sent intentionally over the goal-line by a player of the defending team from any part of the field a penalty corner shall be awarded to the attacking team, unless a goal be scored.

The penalties of Rule 15 shall apply.

IV. Push-in. (a) When the whole ball passes completely over the side-line, it, or another ball, shall be placed on the line at the spot at which it crossed the side-line. The ball shall be PUSHED-IN ALONG THE GROUND without undue delay by a player of the team opposed to the player who last touched it in play. This player is not required to be wholly inside or outside the side-line when making his push.

(b) At the moment when the push-in is taken, no other player of either team shall be within 5 yards of the ball. If any player of either team be within 5 yards of the ball, the umpire may require the push to be taken again. If, however, in the umpire's opinion, any player remain within 5 yards of the ball to gain time, the push-in shall not be delayed.

(c) After taking a push-in the player shall not play the ball again, nor approach within playing distance of the ball until it has touched, or been played by, another player of either team.

PENALTIES. *For any breach of the Rule:*

(1) *By the player taking the push-in (other than for (c)) the push-in shall be awarded to the opposing team.*

(2) *For (c) a free hit shall be awarded.*

(3) *By any other player: the push-in shall be taken again, but for persistent breaches a free hit may be awarded to the opposing team.*

17. Ball Outside Field of Play. The Rule should be read carefully. Its provisions are often overlooked and a corner wrongly awarded. If the umpire is unsighted and is in doubt whether to award a corner or a 16-yards hit, it is sensible for him to consult the players concerned, or to order a bully to be taken.

If the ball be hit by, or glance off, the stick or person of a defender over his own goal-line, note that the decision must, unless a goal be scored, be either:

- (i) A 16-yards hit—if unintentionally from outside his own 25-yards area,
- (ii) A corner—if unintentionally from within his own 25-yards area,
- (iii) A penalty corner—if intentionally from any part of the field.

In deciding whether a corner or a penalty corner should be awarded, the only point at issue is whether the hit or deflection was intentional or unintentional.

The fact that, in sending the ball over the goal-line, a defender saves a goal must not influence an umpire in his decision.

This Rule should be read in conjunction with Rule 15 for the general conduct of the corner, stopping the ball, shooting etc.

NOTE. For Women Only: As the 16-yards hit is governed by the conditions of Rule 14—Free Hit, any legitimate stroke may be used.

18. Accidents. (a) If a player or an umpire be incapacitated, the umpire or other umpire shall stop the game temporarily, noting the time lost. (See Rule 3(f)).

In either case, if a goal be scored before the game be stopped it shall be allowed if, in the umpire's opinion, it would have been scored had the accident not occurred.

(b) The umpire shall re-start the game as soon as possible, by—

(i) a bully (subject to Rule 10(d) on a spot to be chosen by the umpire in whose half of the ground the accident occurred

OR

(ii) the appropriate penalty when the accident was the result of a breach of the rules.

OR

(iii) the implementation of a decision given before the game was stopped.

(v) If the umpire concerned cannot continue, the other umpire shall re-start the game.

18. Accidents. In order that the game may be resumed within five minutes the umpire should see that an injured player leaves the field of play as soon as possible, unless medical reasons prohibit this action.

ADVICE TO UMPIRES

Efficient umpiring will do much to raise the whole standard of the game at all levels by training players to observe the Rules. An umpire should therefore have a thorough knowledge of the Rules and should be studying them frequently to refresh his memory. He should help in the enjoyment of the games he umpires, and should endeavour to interpret the Rules so that each and every game is played in the right spirit.

There are, however, three paramount considerations:

(1) an umpire must obtain and retain complete control of a game,

(2) an umpire must never allow an advantage to be gained by a breach of the Rules,

(3) the whistle should be used as sparingly as possible.

It is a mistaken idea that it is the duty of an umpire to penalize every breach of the Rules, as this may cause undue delay and irritation. When no advantage results to the offender, it is unnecessary for an umpire to penalize such minor infringements as slight handball, accidental rebound or knock on. But once the advantage rule has been 'put' into operation the original breach must be ignored.

As soon as the players realize that they have an umpire who means to enforce the Rules, it will generally be found that rough and dangerous play will cease. Once let a game get out of hand and it will be difficult to pull it together afterwards. In general, players should be given the impression that if they try to co-operate, an umpire will interrupt the flow of the game only when essential for its fair and proper conduct.

Keep a calm and impersonal attitude to the game. Concentrate at all times so that nothing outside the game has power to distract your attention.

Anticipate the run or flow of the game. No umpire is more useful than the one whose mind is always alert, and who looks beyond the action of the moment and anticipates the next move.

Decisions when made should be given decisively and clearly. In certain circumstances a decision must be delayed long enough to give the "advantage rule" time to operate.

The awardable penalties are limited, primarily to

- (1) a free hit
- (2) a penalty corner
- (3) a penalty stroke

but are able to be expanded by a warning or a suspension, either temporarily or for the remainder of the game, any of which may be used separately or in conjunction with one of the three primary awards.

Penalties will have greater significance if umpires restrict their use as much as possible to the more serious breaches of the Rules such as obstruction, off-side and dangerous or rough play. An efficient umpire is not, however, one who is over lenient, and play contrary to the spirit of the Rules must be severely dealt with in the interests of the players and the game itself.

It is considered that umpires do not make sufficient use of their power to award penalty corners for deliberate breaches within their own 25-yards area, nor of the power to award penalty strokes.

A. Umpires' Clothing. *An umpire should wear clothing*

(a) to allow free movement,

(b) of a colour differing from that of both teams,

(c) with pockets for his equipment, and with

(d) shoes suitable to cope with the field and conditions of the event, studded or barred hockey boots being appropriate for wet and slippery pitches,

(e) an eyeshade or peaked cap, in preference to dark glasses to cope with strong sunlight.

Dark glasses sometimes distort colours and make it difficult to distinguish the different clothing of the two teams.

(f) for protection against bad weather when necessary.

B. Umpires' Equipment. *An umpire should have with him:*

(a) a current book of Rules,

(b) a loud distinctive whistle, worn on a cord, and a second or reserve whistle,

- (c) a stop watch and/or a reliable watch with a second-hand,
- (d) two pencils,
- (e) a card on which to record the starting times of each half, any stoppages for which time must be allowed, the time of suspension of any player and the goals as scored.

C. Positioning. (1) *For General Play.* It is most important for the umpire to be in the correct position to see all breaches of the Rules. To do this he should keep on the move outside the field of play, beyond the side-line, in his own half except when the ball is in the circle or on the far side of the field, when he should move into the field of play and if necessary into the circle itself. From there the umpire can, for example, ensure that for a shot at goal the ball has been hit inside the circle, and will obtain a good view of such offences as obstruction and stick interference.

An umpire must be constantly on the move not only to ensure that he is in the correct position according to the state of the game, but also to judge instantly the relative position of the various players at any moment.

It is obviously impossible for one who remains stationary always to give the correct decision. It is generally recognized that the most suitable position for an umpire is on the right wing of the attack in his half of the field.

(ii) *Off-side.* For off-side decisions correct positioning is even more vital. Being level with or slightly nearer the goal than the second defender is strongly recommended. Alternatively be level with or slightly ahead of the attacker with the ball. This is advisable when such an attacker has already passed the second defender. In either case, one advantage will be that any attacking player on the umpire's right is invariably in an off-side position.

D. Whistling. The whistle should always be blown decisively and loudly enough for all players to hear it. It should not normally be blown for the taking of free hits, 16-yards hits, push-ins, corners and penalty corners. In rare cases it may be advisable to reverse a decision if it is obvious that a mistake has been made, but this must be done at once or not at all.

E. Signalling. Take note of the recommended signals and especially note the words "when necessary" for signals which are really only in amplification of the main signals.

In general the main signal will be the directional one, given with one arm only and that arm raised slightly above horizontal level. Exceptions to this are for:

- (1) the award of a goal, when both arms are pointed towards the centre spot;
- (2) indicating a breach of the off-side rule, when the first signal is the right hand pointed horizontally across the field;
- (3) the award of a 16-yards hit when both arms are extended out sideways;
- (4) the award of a penalty corner when both arms are pointed towards the goal;
- (5) the award of a penalty stroke, when one arm is pointed upwards and the other pointed to the 7-yards spot;
- (6) signalling of a stoppage of time, when both arms are crossed above the head.

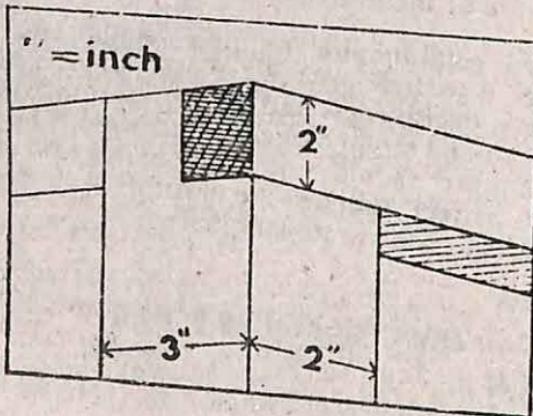
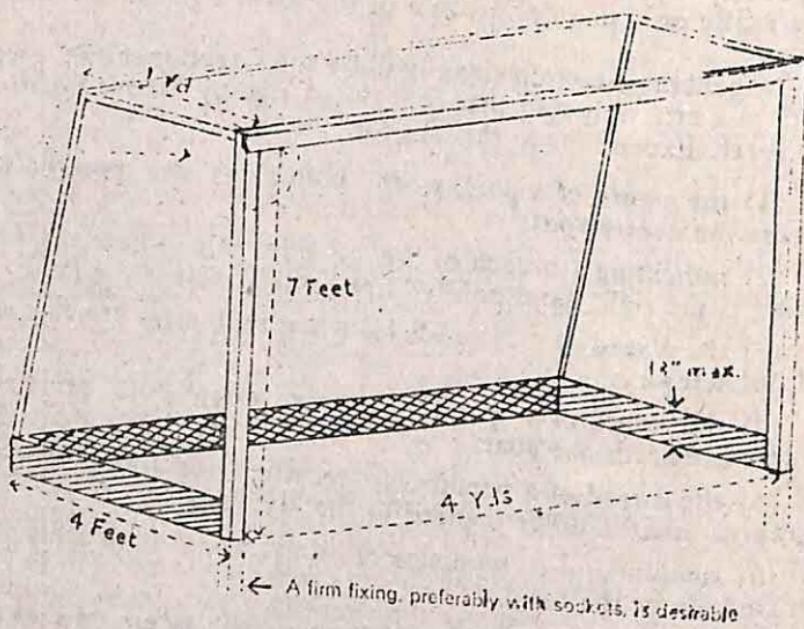
Signals should be maintained long enough to ensure that all players are aware of the decision.

To become a good umpire requires regular and assiduous practice. The essential qualities of a good umpire, such as mental alertness, decisiveness and a good sense of judgement, can be developed and strengthened in this way. If he has made a mistake an umpire should not be discouraged—there is no such thing as a perfect umpire—he must dismiss the mistake from his mind and concentrate still more.

Field Equipment

1. *Flag Posts* (Rule 4(h)). Flag posts must not be:
 - (i) pointed at the top;
 - (ii) made of metal except when they are attached to a spring base;
 - (iii) less than 4 feet or more than 5 feet in height.

GOALS, POSTS, ETC. (RULE 5)



Flags on these posts should not exceed 12 inches in width or length.

2. Goals. Rule 5. Tubular goal-posts and crossbars are not permitted. It is recommended that goal-posts and cross-bars be made of wood, but other materials are permitted, so long as they comply with the measurements and shape specified in Rule 5(a).

3. Goal-Nets. Rule 5. Nets or netting of 1 inch or $1\frac{1}{2}$ inch "mesh" are recommended. The netting and its supports shall be so arranged as to prevent the ball from rebounding into play.

Personal Equipment

Goal-keepers' Gauntlets. Rule 9. Goal-keepers' gauntlets:

- (i) shall have separate and independent fingers with no webbing between;
- (ii) shall not be more than 8 inches in width when laid flat;
- (iii) shall only have additional protection, if such protection is inside the gauntlet itself.

2. Goal-keepers' Pads. Rule 9. Each pad shall not exceed 12 inches in extreme width when on the legs of the goal-keeper.

3. Goal-keepers' Kickers. Rule 9. No rough edges or protrusions are permissible.

4. Goal-keepers' Masks. Rule 9. Moulded plastic masks are recommended.

5. Players' Footwear. Moulded rubber studs or bars are recommended.

KABADDI

(As approved by the Kabaddi Federation of India)

The game of Kabaddi commonly known as (Hutuṭu, Do-Do, Chidugudu) should be governed and played under the following Rules.

Ground : (i) That ground shall be level,--measuring 13 Metres × 10 Metres) $42' 6'' \times 32' 9''$) divided by a middle line into two halves, each measuring 10 Metres wide and 6.5 Metres deep.

(The ground shall be soft preferably made of earth, manure and saw-dust.)

(ii) Each of the strips on the sides of the play field known as a lobby shall be one Metre (3' 3") in width.

(iii) The baulk line shall be drawn through the entire width at a distance of (9' 10") or 5 metres from the mid-line parallel to it on either courts.

(iv) The mid-line or the 'March-line' dividing the two courts shall be distinctly drawn and shall not be more than 2 inches or 5 cm. in width. All the lines shown in the diagram shall be maximum of 5 cm. or 2" N. (Ground shown as per diagram).

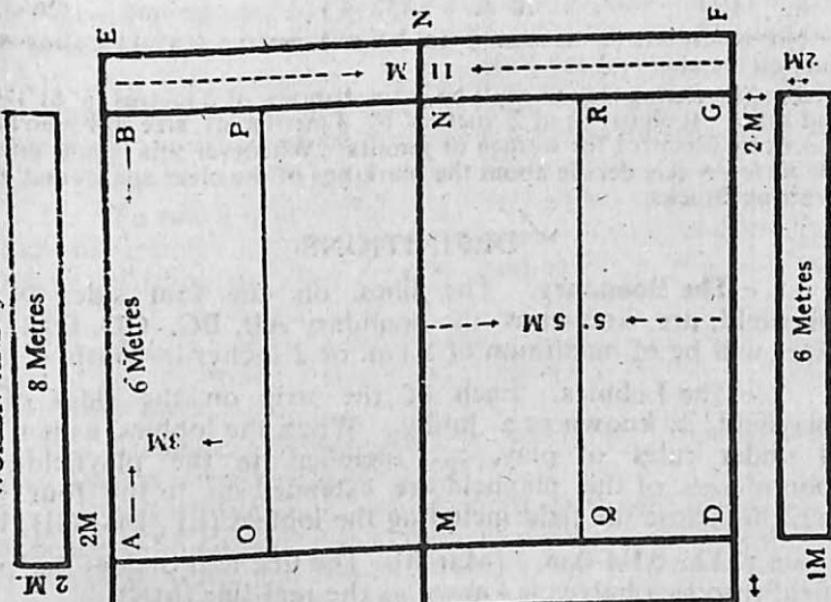
ABCD is a playfield. It is divided into two equal rectangles ABNM, CDMN. AB is 8 metres. BC is 13 metres. BN, NC, AM, MD are 6.5 metres each. PN, NR, OM, MQ are 3 metres in length. MN is a line dividing the playfield in two halves. OP and QR are two lines parallel to the mid-line on either side at a distance of 3 metres. EF and GH are two lines drawn parallel to BC and DA respectively and at a distance of 1 metre from them. The strips 13 metres in length and one metre in breadth on either side of the play field are the lobbies. The end lines AB and CD and the mid-line MN are extended to meet these lines.

NOTE : For Junior players (or groups divided on weights such as 90 lb. and below or 110 lb. and below) or women's open competition the dimensions of the field shall be as follows :

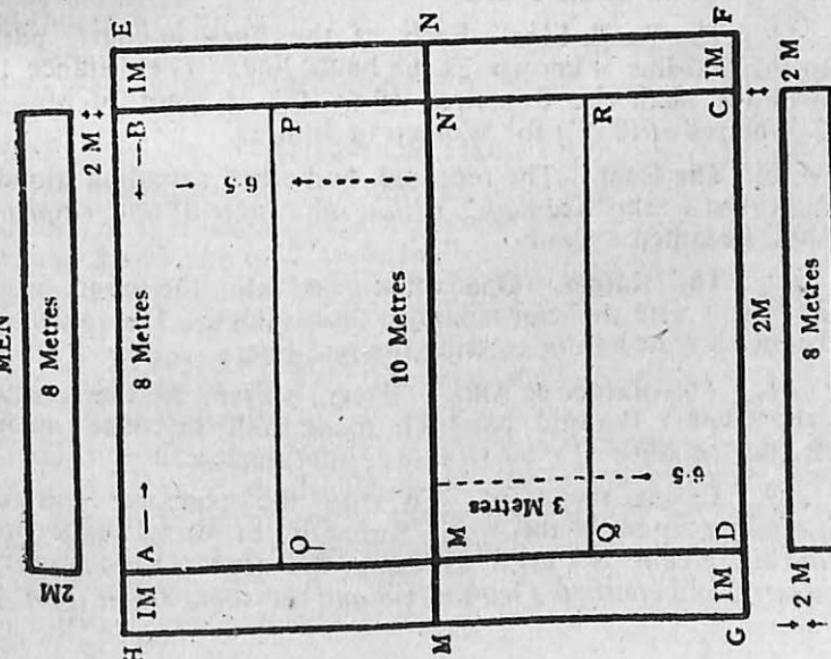
	MEN	WOMEN or JUNIORS
1. AB or CD	8 Metres (26'-3")	
2. BC or AD	13 m. ($42\frac{7}{8}$ '')	6 Metres (19'-8")
3. BN or NC	65 m. ($212\frac{3}{4}$ '')	11 m. (36'-1")
4. BE or AH GD or CF	1 m. (3'-3 $\frac{1}{8}$ "')	5.5 m. (18'-1 $\frac{1}{2}$ ") 1 m. (3'-3 $\frac{1}{8}$ "')

KABADDI

WOMEN AND JUNIORS



MEN



5. MO Or MQ	3 m.	(9'-10")	2.5 m.	(-2½")
6. M'N	10 m.	(32'-9")	m.	(26'-3")

NOTES : 1. It is necessary to have 4 metres (13' 1½") clear space outside the side and end lines.

2. The sitting block shall be at a distance of 2 metres (6' 6½") from end lines. It shall be of 2 metres by 8 metres of size for men and 2 metres by 6 metres for women or juniors. Whenever this is not possible the Referee may decide about the markings of the clear space and of the Waiting-Blocks.

DEFINITIONS

1. **The Boundary.** The lines, on the four sides of the playfield, are known as the boundary AB, BC, CD, DA. All lines will be of maximum of 5 cm. or 2 inches in width.

2. **The Lobbies.** Each of the strip on the sides of the playfield, is known as a lobby. When the lobbies, as per rule 4 under rules of play, are included in the playfield, the boundaries of the playfield are extended up to the four lines which enclose the field including the lobbies [EF, FG, GH, HE].

3. **The Mid-line.** [March] The line that divides the play-field into two halves is known as the mid-line [MN].

4. **The Court.** Each half of the field divided by the mid-line is known as the court.

5. **The Baulk Line.** Each of the lines in court, parallel to the mid-line is known as the baulk line. The distance from Mid-line shall be 3 metres (9 to 10") in case of Men and 2.5 metres or (8' 2") for Women or Juniors.

6. **The Cant.** The repeated and clear sounding aloud of approved work 'Kabaddi' within the course of one respiration shall be called a Cant.

7. **The Raider.** One who goes into the court of the opponent with the cant is known as a raider. The raider must begin his cant before crossing the mid-line.

8. **Anti-Raider or Anti.** Every player of the party in whose court the raid has been made shall be called an Anti-Raider or Anti.

9. **Losing the Cant.** To stop the repeated and clear sounding aloud of the word 'Kabaddi' or to take in a breath during a cant is known as losing the cant. A cant must be started and continued within one and the same respiration.

✓ 10. **To put out an Anti.** If a raider touches an Anti without the breach of the rules or if any part of the body of an anti touches any part of the body of the Raider the anti is said to be put out.

✓ 11. **To hold a Raider.** If the antis hold without breach of rules and keep the raider in their court and do not allow him to go in his court until he loses his cant it is known as holding the raider.

✓ 12. **To reach court safely.** If the raider after crossing the mid-line touches his court with any part of his body without breach of rules with cant, he is said to have reached court safely.

✓ 13. **Touch.** By touch is meant contact by or with any part of the clothing or any other of one's personal belongings by raiders or antis.

✓ 14. **Struggle.** When either a raider or an anti touches each other a struggle begins.

✓ 15. **Raid.** When a raider goes into the court of the opponent with a cant, it is known as a Raid. Successful Raid is meant when the raider crosses the baulk line of the defending team at least once during the course of a raid and returns with cant in his home. In case the Anti or Antis are out, he need not cross the baulk line but must bring his cant in his home.

NOTE : Baulk line is said to be completely crossed when no part the body of the raider has got contact with the ground between the march line and the baulk line.

RULES OF THE PLAY

1. The side that wins the toss shall have the choice of the Court of the Raid. In the second half the court shall be changed and the other side shall send their raider first. The game in the second half shall continue with same number of players as it was at the end of the first half.

2. If any player goes out of the boundary during the course of play he shall be out. The official shall try to take out such players at once.

2. (a) If an anti who has gone out of bounds [as per Rule 2] hold a Raider, the Raider shall declared not out and deemed to have reached his court safely and all the antis who have taken part in the struggle shall be out.

3. A player shall be out (i) if any part of his body is touching the ground outside the boundary (ii) and during the struggle a player shall not be out if any part of his body is touching directly the ground or a player who is inside the boundary.

(The portion of contact must be inside the boundary.)

4. When the struggle begins the play field includes the lobbies. After the struggle is over the players involved in the struggle may use the lobbies to enter their respective courts.

5. A raider shall keep the cant with 'Kabaddi' as the word for sounding. If he is not keeping the cant with 'Kabaddi' he may be ordered back by the Umpire and the opponents be given chance to raid. Under such circumstances he shall not be pursued.

6. A raider must enter the opponent's court with cant. If he starts the cant late, he may be ordered back by the Umpire, and the opponent be given chance to raid. Under such circumstances the Raider shall not be pursued. The entry in the court is not complete as long as there is any contact with his court.

7. If the raider even after a warning is purposely violating Rule No. 6 the Umpire shall declare his turn over and award one point to the opponents but shall not be declared out.

8. After a raider has reached his court or is out in the opponent's court the opponents shall send their raider immediately. Thus alternately each side shall send its raiders until the end of the play.

9. If a raider who is caught by the antis, escapes from their attempt to hold him and reaches home safely he shall not be pursued.

10. Only one raider shall go in the opponent's court. If more than one raider go in the opponent's court, the Umpire shall order all of them to go back to their court and declare their turn of raiding over and shall declare those antis who are touched by these raiders as not out. The opponents shall not pursue and put out these raiders.

11. A side sending more than one raider at a time, a warning shall be given by the Umpire and if in spite of the warning, they continue to do so, the Umpire shall declare all the raiders out except the first one.

12. If a raider, while in the opponent's court, loses his cant he shall be out.

13. When a raider is held, the antis shall not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries, any type of scissors or use any unfair means. If such thing happens, the Umpire shall declare such a raider to have reached his court safely.

(For punishment see Rule 3 of the officials)

14. No raider or anti shall wilfully push his opponent out of the Boundary. The one who pushes first shall be declared out. If a raider is pushed outside the boundary, the Umpire shall declare him as to have reached the court safely.

15. As long as a raider is in the court of the antis, no one of the antis shall touch the ground, of the raider's court beyond the mid-line with any part of his body; if he does so he shall be out.

16. If an anti who is out, having violated the rule 15, holds a raider or has violated the said rule while holding or helping to hold the raider, the raider shall be declared to have reached his court safely and all the antis who are the members of the struggling group shall be out.

17. If a raider goes out of turn, the Umpire shall order him to go back. If in the opinion of the Umpire, such entry is being made persistently, he may award one point to the opponents, after he has warned the raider's Team at least once.

18. When a team manages to put out the entire opposing team, they shall score a 'lona' and four points for lona shall be awarded in addition to the points scored by putting out individual players. The play continues and all the players of both sides enter their own half.

Thus the game continues till the end of the time of the play.

19. If a raider is warned against any danger by one of his own side, the Umpire shall award one point against him.

20. A raider or an anti is not to be held by any part of his body deliberately other than his limb or trunk. The one who violates the rule first shall be declared out. If the raider is held deliberately by any part of his body other than his limb or trunk the Umpire shall declare the raider to have reached home safely.

21. When only one or two players of a team are left, during any game and the Captain of the team 'declares' them out in order to bring in the full team, the opponents shall score as many points as there were players, just before declaring, as well as four points for Lona.

22. A player who is out shall be revived in the same order he was out, only when one opponent is out.

RULES OF MATCHES

1. Each side shall consist of 12 players. Seven players shall take the ground at a time.

2. The duration of time for a representative match shall be of two halves of 20 minutes for men and of 15 minutes for women and juniors with 5 minutes rest in the middle. The court shall be changed after interval.

3. Each side shall score 1 point for each opponent who is out. The side which scores a 'Lona' shall score 5 points extra for the lona.

4. The side which scores the highest number of points at the end of all the play, shall be declared winner.

5. (a) If there is a tie, 2 extra periods of 5 minutes each shall be played. The game in the extra periods will continue with the same number of players as it was at the end of the second half.

(b) The team which scores the first point shall be declared the winner if the tie occurs at the end of the complete game of 50 minutes.

6. If owing to any reason a match is not completed, the match will be replayed.

7. 'Time out' may be called by the Captain of the Team in the event of an injury to a player. Such 'Time out' period shall not, however, exceed more than two minutes. If the player is seriously injured and in the opinion of the referee, is unable to play he may be replaced by one extra. Maximum two players can be substituted at the end of the first game i.e. in the interval and with the permission of the referee.

8. A side can start a match with one or two players less in their team, but (a) when all the players of their side are out, absentees shall be counted as out and a lona scored against the side; (b) when the absentees come, they shall enter the play

with the permission of the referee; (c) substitutes can be taken in the place of the absent players at any time, but when they are thus taken no change of players shall be allowed afterwards until the end of that match; (d) if a match is replayed, the players need not be the same again.

9. Doping shall not be allowed, Nails must be closely clipped. All players shall be suitably numbered at their back and front with at least four inches length of the number. The minimum dress of a player shall be a banian and shorts with Jangi or Langot inside. Application of oil or any soft substance to the body or limb shall not be allowed. No metal shall be worn. Canvas Tennis shoes with plain rubber soles and socks may be used if and when necessary.

10. No players shall instruct in the course of play except the captain, or leader who may speak to his players in his own half, only.

OFFICIALS

1. The Officials shall be a Referee, two Umpires, two Linesmen and a Scorer only.

2. The decision of the Umpire on the field shall be final generally but in special circumstances the Referee may overrule the decision of the Umpire in the best interest of the game even if there is no disagreement between the two Umpires.

3. The referee shall have the power to warn, declare point against, or to disqualify from the match any player, or team committing any of the following or other gross violations, of sportsmanship and fouls.

(a) Persistently address the officials in regard to decision.

(b) Make derogatory remarks, about or to the officials.

(c) Act derogatory to the officials, or action leading to influence their decision.

(d) Make personal or derogatory remarks, about or to opponents.

Fouls. 1. A player shall not attempt to stifle a 'Raider's Cant' by shutting his mouth or throttling or by any other way.

2. Violent tackling leading to the injuries to the body.

3. To hold the Raider with the help of scissors *operated by LEGS.*

4. A team which takes more than five seconds to send the raider.

5. No coaching from outside should be given by the coaches or players. The officials and coaches shall not be allowed inside the arena during the course of the game. The Umpire may award points for violation of this Rule.

6. The Umpire or the Referee shall declare such persons out by shouting the number of the person. No whistle shall be blown as long as the raid continues.

7. The Referee shall

(a) decide the points about the Interpretation of Rules.

(b) announce the score of each side at the end of each half and at the end of the Match he shall declare the points and the winner.

(c) supervise in general the conduct of the whole Match.

(d) He will also keep the time and shall start and end the game by his whistle.

8. The scorer shall

(a) fill in the score sheet and announce the score with the permission of the Referee, at the end of half and at the end of Match.

(b) complete the score sheet and get it duly signed by the Referee and Umpires.

(c) all the points scored by any player of the team will be scored in 'Running Score' on his respective side on the score sheet vertically (1).

(d) points scored for 'lona' should be scratched horizontally ().

(e) time-out by any team be indicated by T against the team concerned (T).

(f) keep and note the timings in the score sheet at the beginning and end of (i) each half, (ii) time-outs, (iii) team scoring first point in the first game.

(g) extra points awarded by the Referee or Umpire should be encircled in the running score-O.

(h) Linesman. Keep record of those who are out in their order of being out. They will see that the players are seated in a place indicated. The players who are out, are seated in a block reserved for them outside the end lines. He shall keep

SCORE SHEET TOURNAMENT

Toss..... Choice of the winner team..... First point.....
 Date..... Time..... Round..... Scored by.....
 Team..... Vs. Team.....
 Time out..... No. of Substitute..... Time out.....

No.	No.	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	1st Innings Total Score ---	2nd Innings Total Score ---	Team won by Points	Umpires	Scorer	Referee
1.																			
2.																			
3.																			
4.																			
5.																			
6.																			
7.																			
8.																			
9.																			
10.																			
11.																			
12.																			

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37
 38 39 40 41 42 43 44 45 46 47 48 49 50

Ist Innings Total Score --- 2nd Innings Total Score ---

Results Team won by Points

Scorer

Umpires

Referee

LINESMEN'S RECORD SHEET

TOURNAMENT

Time

Team _____ Vs. _____ Team : _____ Scores of _____ Team

Number out				
Number Revived				
Number out				
Number Revived				
Number out				
Number Revived				
Number out				
Number Revived				

Linesmen &

Assistant Scorer _____

Date _____

Signature

record of the players who are revived. He will help the Umpires in their duties.

NOTE : The size of Waiting Block should be 2m. \times 8m. at a distance of 2 metres from the end lines.

9. (a) The scorer shall announce the score at interval and may announce the time of each minute of the last five minutes.

(b) The Referee shall have his watch synchronised with the scorer's watch before the commencement of the match. Referee's watch will be the official time.

KHO-KHO

A GAME OF CHASE

(*Rules as adopted by the Akhil Maharashtra Shareerika Shikshana Mandal*)

THE PLAYFIELD

1. The Kho-Kho field is rectangular and measures 34 metres by 16 metres.

2. X and Y are two rectangles. One side of the rectangle is 16 metres (breadth of the playfield) and the other side is 4.8 metres.

3. At M and N there shall be two wooden poles.

4. MN is a central lane 24.4 metres long and 30 cm. wide. There are eight small squares 30 cm. by 30 cm. on the lane (G). The centre of each square is at a distance of 2.7 metres from the centre of its adjacent square.

5. There are eight cross lanes which lie across the small squares and each of which is 16 metres in length and 30 cm. in breadth, at right angles to the central lane and divided (A.B).

DEFINITIONS

1. **Posts.** Two wooden posts shall be fixed at M and N as shown in the diagram. They shall be 120 cm. above the ground and their circumference shall be from 30 to 40 cm.

2. **Central Lane.** The rectangle 24.4 metres long and 30 cm. broad between the posts M and N is known as the Centre Lane.

3. **Cross Lane.** Each of the rectangles 16 metres long and 30 cm. broad, intersecting the central lane at right angles at regular intervals and—itsself being—divided into two halves, is known as a cross lane.

4. **Square.** Each of the rectangles 30 cm. \times 30 cm. which is formed by the intersection of the Central Lane and the cross lane is known as a square.

5. **The Line of the Post.** The line, which goes, through the centre of the post and is parallel to the cross lanes, is known as the line of the post.

6. **The Rectangle.** The field outside the line of the post is known as the rectangle.

7. **The Limits.** The two side lines at a distance of 7.85 m. from the central lane (and parallel to that lane) and the lines forming the outer boundary of the two rectangles are known as the limits.

8. **Chaser.** The players sitting in the squares are known as chasers.

8. (a) **An Active Chaser.** An active chaser is a player who pursues the players of the opposite side (*i.e.* runners with a view to tag and touch them).

9. **Runners.** The players of the side other than the chasers are known as runners.

10. **To Give Kho.** To give kho perfectly, an active chaser should utter the word 'Kho' loudly and distinctly as soon as he/she touches the sitting chaser by hand from behind a sitting chaser.

NOTE: The actions of touching and uttering should be simultaneous. If either of the actions of touching by hand or uttering the word 'Kho' is preceded or succeeded by the other, it will be deemed as a foul. Single action of either touching or uttering will be considered as a foul.

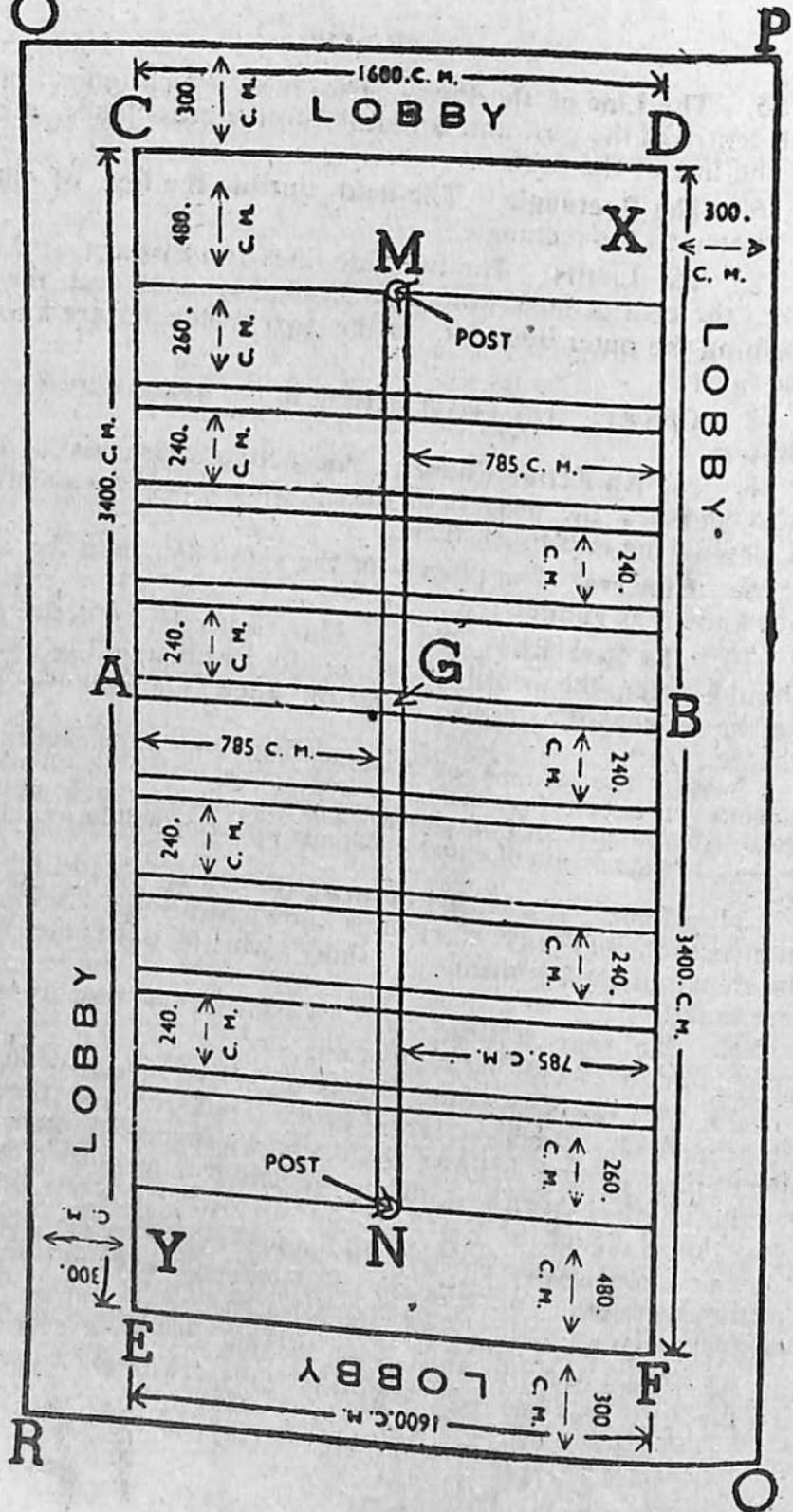
11. **Foul.** If a sitting or an active chaser violates (commits the breach of) any rule, it is known as a foul. A foul is to be declared by a continuous 'short' whistle until the foul is corrected.

12. **To take a direction.** To go from one post to another post is known as taking a direction.

13. **To turn the face.** When an active chaser, while going in a particular direction, turns his/her shoulder line (the imaginary line joining his/her shoulders) through more than a right angle to the direction, he/she is said to have turned the face and this is a foul.

14. **To Recede.** When an active chaser, while going in a particular direction, goes in the opposite direction, he/she is said to have receded. And it is a foul.

15. **To Leave the Post-line.** When an active chaser lets go his/her hold or touch of a post or goes beyond and leaves



the rectangle either these actions are known as leaving the post-line.

i6. Foot Out. When both the feet of a runner are touching the ground outside the limits, he/she is said to have placed his/her feet out. And he/she is out.

NOTE: If any part of the foot is touching the ground inside the limits, the foot is not out. If the whole of the body is in the air outside the limits, the foot is not out.

17. Lona (game). When all the runners are out a lona is said to be scored against the runners by the chasers.

RULES OF THE PLAY

1. The playfield shall be marked as given in the diagram.
2. The captain of the side winning the toss shall choose either chasing or running and inform the same to the referee. All the chasers except one shall sit on the square in such a way that no two adjacent chasers face in the same direction. The ninth chaser (active chaser) shall stand at either of the posts to start the pursuit.
3. No part of the body of an active chaser shall touch the ground of the central lane or beyond it. An active chaser shall not cross the central lane from inside the posts (from the side of the posts on which the central lane is marked).
4. If a 'Kho' is to be given, it shall be given from behind a seated chaser. (It shall be given in a sufficiently loud tone so that the runners can hear). The seated chaser shall not get up without getting kho. An active chaser shall not give kho by touching the arm or leg extended by a seated chaser.
5. If an active chaser goes beyond the cross lane of the square on which a chaser is sitting and if he/she has let go his/her hold of that sitting chaser, the active chaser shall not give him/her Kho. An active chaser shall not recede to give kho.
6. If an active chaser violates any of the rules 3, 4 and 5, the umpire shall declare a foul by blowing a 'short' whistle continuously and shall compel immediately the active chaser (any one who is then actively chasing) to go in a direction opposite to that in which the active chaser himself or herself is going. Immediately on hearing the signal given by the umpire by his/her whistle, the active chaser shall stop and take the direction indicated by the umpire, and if the runner thereby

becomes out, he shall be declared 'NOT OUT' and the active chaser shall have to follow the direction indicated by the umpire.

7. An active chaser shall sit down immediately after giving kho on the square of the chaser to whom kho is given.

8. After getting a kho, an active chaser shall go in the direction, which he/she has taken, by going beyond the cross lane of the square on which he/she was sitting. He/she shall not recede.

NOTE : As long as any part of the foot of a player is touching the ground of a cross lane, he/she has not gone beyond the lane. An active chaser has receded if any part of his/her body touches the ground behind him/her (*i.e.* on the part of the ground beyond which he/she has gone) in the direction opposite to that which he/she has taken.

9. An active chaser shall take the direction to which he/she turns his/her face, *i.e.* he/she turns his/her shoulder line (the imaginary line going across the shoulders). He/she shall not recede.

10. An active chaser shall take the direction according to one of the actions mentioned in rules 8 and 9 which he/she has performed first.

11. When an active chaser has once taken a direction to the post at M or N, he/she shall go in that direction up to the line of that post unless he/she gives kho before that. An active chaser shall not go to the other side of the central lane, unless he/she turns round the post from outside.

12. If an active chaser has left a post, he/she shall go in the direction of the other post, remaining on that side of the central lane where he/she was when he/she left the post.

NOTE: When at a post, an active chaser shall not cross the central lane.

13. The face (shoulder line) of an active chaser shall be in the direction which he/she has taken. He/she shall not turn his/her face. He/she shall be allowed to turn the shoulder line up to a position parallel to the centre lane.

14. The chaser shall sit in a manner which shall not obstruct the runners. If a runner becomes out by such an obstruction, he/she shall not be declared out.

15. The rules about taking the direction and turning the face shall not be applicable in the area of the rectangles (Rules Nos. 8 to 10 and 13).

16. During an innings an active chaser may go outside the limits but he/she shall observe all the rules about taking directions and turning face even when outside the limits.

17. A runner shall not touch a seated chaser. If he/she does so, he/she shall be warned once. If he/she repeats the same, he/she shall be given out.

18. A runner shall be out, if both of his/her feet go outside the limits.

NOTE: If both of the feet of a runner are outside the limits, the rest of the body being inside, it shall be considered that the feet are out.

19. A runner shall be out if he/she is touched by hand by an active chaser, without violating any rules.

20. The active chaser and the other chasers shall not violate any of the rules Nos. 3 to 13 both inclusive. It shall be a foul if any rule is violated. If a player is out as a result of such a foul or if a foul is committed immediately as a result of the action taken in putting a runner out, the runner shall be declared not out.

21. An umpire shall compel immediately, an active chaser to take the proper direction or to do the proper action if he commits a foul by violating any of the rules Nos. 7 to 13 both inclusive.

RULES ABOUT MATCHES

22. Each side shall consist of 9 players.

23. (a) An innings will consist of chasing and running turns which shall be of seven minutes. Each match will consist of two innings.

(b) The runners shall fix and record with the scorer their names in their order of playing. At the beginning of a turn the first 3 players shall be inside the limits. Immediately on these three being out the next three shall enter, immediately before Kho is given. Those who fail to enter within that period shall be declared out. The players who shall be entering out of turn shall also be declared as out. This will continue till the end of the turn. The active chaser, who has put out the third runner (in each group of three who enter) shall not pursue a new entering runner. He shall give kho. Each side shall enter their runners in the field from one side of the field only.

24. The chaser or runner shall have the option to end the turn before the allotted time. The captain of the chaser or runner shall inform the referee about the same and request him to stop the play and declare the turn closed. Immediately on this request, the referee shall stop the play and close the turn. Until the referee has signalled to stop the play, the turn is not closed. There shall be an interval of 5 minutes after an innings and two minutes in-between two turns.

25. The side of the chasers shall score one point for each runner who is out. If all the runners are out before the time, a lona is scored against them and they shall again send in the same order their runners to play as given in rule 23 (b). No extra point shall be given for scoring a lona. The play shall be continued in this manner until the time of the turn is over. The order of the runners shall not be changed during a turn.

26. In the knock-out system, the side that scores more points at the end of the match shall be declared as winners. If the points are equal, one more innings (one turn for each side as chasers and runners) shall be played and if again the points are equal, the whole match shall be replayed and in the reply, the players need not be the same.

In the league system, the side that wins will score two league points and loser will score zero point. In case of a tie, both the sides will score one league point each. If there is a tie in league points scored in the league system, the team or teams in the group will replay the match or matches after drawing a lot and the matches so arranged will be decided on knock-out system.

27. If a match is not completed for any reason, it shall be continued further at another time with the same players and the scores of the completed turns of each side shall be counted for the sides.

28. If the points of a side exceed the points of the other side by 12 or more, the former side shall have the option of requiring the latter side to follow on their innings as chasers, without forfeiting their right to take their innings as chasers afterwards, in case the other side exceeds their score.

29. A substitute in place of an injured player shall be allowed at the discretion of the referee.

OFFICIALS FOR THE MANAGEMENT OF A MATCH

30. The following officials shall be appointed for the management of a match.

Two Umpires, a Referee, a Time-keeper and a Scorer.

31. **Umpires.** The umpire may stand in the lobby outside the original playfield and he shall watch the game in his ground which is divided by the Central Lane. He shall also move in the lobby to watch the actions and movements of the chasers and runners. He shall give all decisions in his half and also help the other umpire to give correct decisions in the other half. The Umpire shall declare a foul and compel an active chaser to act up to the rules. A foul is to be declared by an umpire by blowing a continuous short whistle till the foul is corrected. An 'OUT' is to be declared by 'short whistle'.

32. **Referee.** The referee shall perform the following duties :

(a) He shall help the umpires in the performance of their duties and shall give his final decision in case of any difference between them.

(b) If a player intentionally obstructs the conduct of the play or behaves in an ungentlemanly or mischievous manner or intentionally violates the rules, the referee shall, at his discretion, penalize the defaulting player. The penalty, at his discretion, shall range according to the default from forbidding the defaulting player to the team from participating in further play.

(c) He shall give decisions about any questions regarding the interpretation of rules if they arise.

(d) He shall announce the scores of the sides at the end of the innings and also the result of the match.

(e) He shall be responsible for the general supervision of the conduct of the play and the match.

33. **Time-keeper.** He/she shall start the turn by blowing a whistle 'One long one short'. The end of the turn shall be declared by him/her blowing the whistle 'long'. He/she shall keep the record of the time and hand it over to the scorer at the end of each innings. The duties of a Time-keeper may be delegated to the referee or the scorer.

34. **Scorer.** He shall take the order of the runners from their captain and see that they enter the field in that order. He shall keep a record of the runners who are out and make

them sit. At the end of a turn he shall write the score-sheet and shall prepare the score of the chasers. He shall, at the end of the match, complete the score sheet and prepare the scores of the two sites and the result of the match. He shall get the score-sheet duly signed by the referee and the umpires. He shall hand over the score-sheet to the referee for announcement at the end of each innings and the final score at the end of the match.

35. The officials of the match shall be appointed by the institution under whose auspices the match is arranged and they shall function under the guidance of the referee.

AMATEUR KHO-KHO FEDERATION OF INDIA SCORE-SHEET

Date.....	Time.....
Team.....	Vs.	Team.....
Toss won by.....		Choice : Chase/Defend.....
Referee.....		Umpires : 1..... 2.....
Time-keeper.....		Scorer.....

Team.....	Team.....
1		1

To	To
9.....		9.....	

SCORE

1st Innings	2nd Innings	1st Innings	2nd Innings
Total Score.....		Total Score.....	
Result.....	Team won by.....	Points.....	
Referee.....		Scorer.....	
Umpires.....	1.....	2.....	

LAWN TENNIS

THE SINGLES GAME

1. The court shall be a rectangle 78 feet (23.77 m.) long and 27 feet (8.23 m.) wide. It shall be divided across the middle by a net suspended from a cord or metal cable of a maximum diameter of $\frac{1}{3}$ rd of an inch (0.8 cm.), the ends of which shall be attached to, or pass over, the tops of two evenly painted posts, 3 feet 6 inches (1.07 m.) high, and not more than 6 inches (15 cm.) square or 6 inches (15 cm.) in diameter, the centre of which shall be 3 feet (0.91 m.) outside the court on each side. The net shall be extended fully so that it fills completely the space between the two posts and shall be of sufficiently small mesh to prevent the ball passing through. The height of the net shall be 3 feet (0.914 m.) at the centre, where it shall be held down taut by a strap not more than 2 inches (5 cm.) wide and completely white in colour. There shall be a band covering the cord of metal cable and the top of the net for not less than 2 inches (5 cm.) nor more than $2\frac{1}{2}$ inches (6.3 cm.) in depth on each side and completely white in colour. There shall be no advertisement on the net, strap, band or singles sticks. The lines bounding the ends and sides of the Court shall respectively be called the Base-lines and the Side-lines. On each side of the net, at a distance of 21 feet (6.40m.) from it and parallel with it, shall be drawn the Service-lines. The space on each side of the net between the service-line and the side-lines shall be divided into two equal parts called the service-courts by the centre service-line, which must be 2 inches (5 cm.) in width, drawn half-way between, and parallel with, side-lines. Each base-line shall be bisected by an imaginary continuation of the centre service-line to a line 4 inches (10 cm.) in length and 2 inches (5 cm.) in width called the centre mark drawn inside the Court, at right angles to and in contact with such base-lines. All other lines shall be not less than 1 inch (2.5 cm.) nor more than 2 inches (5 cm.), in width except the base-line, which may be 4 inches (10 cm.) in width, and all measurements shall be made to the outside of the lines.

NOTE. In the case of the International Lawn Tennis Championship (Davis Cup) or other Official Championships of the International Federation, there shall be space behind each base-line of not less than 21 feet (6.4 m.), and at the sides of not less than 12 feet (3.66 m.).

2. The permanent fixtures of the Court shall include not only the net, posts, singles sticks, cord or metal cable, strap and band, but also, where there are any such, the back and side stops, the stands, fixed or movable seats and chairs round the Court, and their occupants, all other fixtures around and above the Court, and the Umpire, Net-cord Judge, Foot-fault Judge, Linesmen and Ball Boys when in their respective places.

NOTE. For the purpose of this Rule, the word "Umpire" comprehends the Umpire, the persons entitled to a seat on the Court, and all those persons designated to assist the Umpire in the conduct of a match.

3. The ball shall have a uniform outer surface and shall be white or yellow in colour. If there are any seams they shall be stitchless. The ball shall be more than two and a half inches (6.35 cm.) and less than two and five-eighths inches (6.67 cm.) in diameter, and more than two ounces (56.7 grams) and less than two and one-sixteenth ounces (58.5 grams) in weight. The ball shall have a bound of more than 53 inches (135 cm.) and less than 58 inches (147 cm.) when dropped 100 inches (254 cm.) upon a concrete base. The ball shall have a forward deformation of more than .220 of an inch (.56 cm.) and less than .290 of an inch (.74 cm.) and a return deformation of more than .350 of an inch (.89 cm.) and less than .425 of an inch (1.08 cm.) at 18 lb. (8.165 kg.) load. The two deformation figures shall be the averages of three individual readings along three axes of the ball and no two individual readings shall differ by more than .030 of an inch (.08 cm.) in each case. All tests for bound, size and deformation shall be made in accordance with the Regulations in the Appendix hereto.

4. The players shall stand on opposite sides of the net; the player who first delivers the ball shall be called the Server, and the other the Receiver.

5. The choice of ends and the right to be Server or Receiver in the first game shall be decided by toss. The player winning the toss may choose or require his opponent to choose.

(a) The right to be Server or Receiver, in which case the other player shall choose the end; or

(b) The end, in which case the other player shall choose the right to be Server or Receiver.

6. The service shall be delivered in the following manner
Immediately before commencing to serve, the Server shall stand with both feet at rest behind (i.e. further from the net than) the base-line, and within the imaginary continuations of the centre-mark and side-line. The Server shall then project the ball by hand into the air in any direction and before it hits the ground strike it with his racket, and the delivery shall be deemed to have been completed at the moment of the impact of the racket and the ball. A player with the use of only one arm may utilize his racket for the protection.

7. The Server shall throughout the delivery of the service:

(a) Not change his position by walking or running.

(b) Not touch, with either foot, any area other than that behind the base-line within the imaginary extension of the centre mark and side-line.

NOTE. The following interpretation of Rule 7 was approved by the International Federation on 9th July, 1958 :

7. (a) The Server shall not, by slight movements of the feet which do not materially affect the location originally taken up by him, be deemed "to change his position by walking or running".

(b) The word "foot" means the extremity of the leg below the ankle.

8. (a) In delivering the service, the Server shall stand alternately behind the right and left Courts beginning from the right in every game. If service from a wrong half of the Court occurs and is undetected, all play resulting from such wrong service or services shall stand, but the inaccuracy of station shall be corrected immediately it is discovered.

(b) The ball served shall pass over the net and hit the ground within the Service court which is diagonally opposite, or upon any line bounding such Court, before the Receiver returns it.

9. The Service is a fault: (a) If the Server commit any breach of Rules 6, 7 or 8; (b) If he miss the ball in attempting

to strike it; (c) If the ball served touch a permanent fixture (other than the net, strap or band) before it hits the ground.

10. After a fault (if it be the first fault) the Server shall serve again from behind the same half of the Court from which he served that fault, unless the service was from the wrong half, when, in accordance with Rule 8, the Server shall be entitled to one service only from behind the other half. A fault may not be claimed after the next service has been delivered.

11. The Server shall not serve until the Receiver is ready. If the latter attempt to return the service, he shall be deemed ready. If, however, the Receiver signify that he is not ready, he may not claim a fault because the ball does not hit the ground within the limits fixed for the service.

12. In all cases where a let has to be called under the rules, or to provide for an interruption to play, it shall have the following interpretations:

(a) When called solely in respect of a service that one service only shall be replayed.

(b) When called under any other circumstance, the point shall be replayed.

13. The service is a let:

(a) If the ball served touch the net, strap or band, and is otherwise good, or, after touching the net, strap or band, touch the Receiver or anything which he wears or carries before hitting the ground.

(b) If a Service or a fault be delivered when the Receiver is not ready (see Rule 11).

In case of a let, that particular service shall not count, and the Server shall serve again, but a service let does not annul a previous fault.

14. At the end of the first game the Receiver shall become Server, and the Server Receiver; and so on alternately in all the subsequent games of a match. If player serve out of turn, mistake is discovered, but all points scored before such discovery shall be reckoned. If a game shall have been complet-

ed before such discovery, the order of service remains as altered. A fault served before such discovery shall not be reckoned.

15. A ball is in play from the moment at which it is delivered in service. Unless a fault or a let be called it remains in play until the point is decided.

16. The Server wins the point:

(a) If the ball served, not being a let under Rule 13, touch the Receiver or anything which he wears or carries, before it hits the ground;

(b) If the Receiver otherwise loses the point as provided by Rule 18.

17. The Receiver wins the point (a) If the Server serve two consecutive faults; (b) If the Server otherwise lose the point as provided by Rule 18.

18. A player loses the point if:

(a) He fails, before the ball in play has hit the ground twice consecutively, to return it directly over the net [except as provided in Rule 22(a) or (c)]; or

(b) He return the ball in play so that it hits the ground, a permanent fixture, or other object, outside any of the lines which bound his opponent's Court [except as provided in Rule 22(a) and (c)]; or

(c) He volley the ball and fail to make a good return even when standing outside the Court; or

(d) He touch or strike the ball in play with his racket more than once in making a stroke; or

(e) He or his racket (in his hand or otherwise) or anything which he wears or carries touch the net, posts singles sticks, cord or metal cable, strap or band, or the ground within his opponent's Court at any time while the ball is in play; or

(f) He volley the ball before it has passed the net; or

(g) The ball in play touch him or anything that he wears or carries, except his racket in his hand or hands; or

(h) He throws his racket at and hits the ball.

19. If a player commits any act either deliberate or involuntary which, in the opinion of the Umpire, hinders his opponent in making a stroke, the Umpire shall in the first case award the point to the opponent, and in the second case order the point to be replayed.

20. A ball falling on a line is regarded as falling in the Court bounded by that line.

21. If the ball in play touch a permanent fixture (other than the net, posts, singles sticks, cord or metal cable, strap or band) after it has hit the ground, the player who struck it wins the point; if before it hits the ground his opponent wins the point.

22. It is a good return:

(a) If the ball touch the net, posts, singles sticks, cord or metal cable, strap or band, provided that it passes over any of them and hits the ground within the Court; or

(b) If the ball, served or returned, hit the ground within the proper Court and rebound or be blown back over the net, and the player whose turn it is to strike reach over the net and play the ball, provided that neither he nor any part of his clothes or racket touch the net, posts, singles sticks, cord or metal cable, strap or band or the ground within his opponent's Court, and that the stroke be otherwise good; or

(c) If the ball be returned outside the post, or singles stick either above or below the level of the top of the net, even though it touch the post or singles stick, provided that it hits the ground within the proper Court; or

(d) If player's racket pass over the net after he has returned the ball, provided the ball pass the net before being played and be properly returned; or

(e) If a player succeeds in returning the ball, served or in play, which strikes a ball lying in the Court.

NOTE TO RULE 22. In a singles match, if, for the sake of convenience, a doubles Court be equipped with singles sticks for the purpose of a singles game, then the doubles posts and those portions of the net, cord or metal cable and the band outside such singles sticks shall at all times be permanent fixtures, and are not regarded as posts or parts of the net of a singles game.

A return that passes under the net cord between the singles stick and adjacent doubles post without touching either net cord, net or doubles post and falls within the area of play, is a good return.

23. In case a player is hindered in making a stroke by anything not within his control, except a permanent fixture of the Court, or except as provided for in Rule 19, a let shall be called.

24. If a player wins his first point, the score is called 15 for that player; on winning his second point, the score is called 30 for that player; on winning his third point, the score is called 40 for that player, and the fourth point won by a player is scored game for that player except as below:

If both players have won three points, the score is called deuce; and the next point won by a player is scored advantage for that player. If the same player win the next point, he wins the game; if the other player wins the next point the score is again called deuce; and so on, until a player wins the two points immediately following the score at deuce, when the game is scored for that player.

25. A player (or players) who first wins six games wins a set; except that he must win by a margin of two games over his opponent and where necessary a set shall be extended until this margin be achieved.

26. The players shall change ends at the end of the first, third and every subsequent alternate game of each set, and at the end of each set unless the total number of games in such set be even, in which case the change is not made until the end of the first game of the next set.

27. The maximum number of sets in a match shall be 5, or, where women take part, 3.

28. Except where otherwise stated, every reference in these Rules to the masculine includes the feminine gender.

29. In matches where an Umpire is appointed, his decision shall be final; but where a Referee is appointed, an appeal shall lie to him from the decision of an Umpire on a question of law, and in all such cases the decision of the Referee shall be final.

In matches where assistants to the Umpire are appointed (linesmen, net cord judges, foot-fault judges) their decisions shall be final on questions of fact. When such an assistant is unable to give a decision he shall indicate this immediately to the Umpire who shall give a decision. When an Umpire is unable to give a decision on a question of fact he shall order a let to be called.

In Davis Cup matches only, the decision of an assistant to the Umpire, or of the Umpire if the assistant is unable to make a decision, can be changed by the Referee, who may also authorise the Umpire to change the decision of an assistant or order a let to be called.

The Referee, in his decision, may at any time postpone a match on account of darkness or the condition of the ground or the weather. In any case of postponement the previous score and previous occupancy of Courts shall hold good, unless the Referee and the players unanimously agree otherwise.

30. Play shall be continuous from the first service till the match be concluded; provided that after the third set, or when women take part, the second set, either player is entitled to a rest, which shall not exceed 10 minutes; or in countries situated between Latitude 15 degrees North and Latitude 15 degrees South, 45 minutes and provided further that when necessitated by circumstances not within the control of the players, the Umpire may suspend play for such a period as he may consider necessary. If play be suspended and be not resumed until a later day the rest may be taken only after the third set (or when women take part the second set) of play on such later day, completion of an unfinished set being counted as one set. These provisions shall be strictly construed, and play shall never be suspended, delayed or interfered with for the purpose of enabling a player to recover his strength or his wind, or to receive instruction or advice. The Umpire shall be the sole judge of such suspension, delay or interference, and after giving due warning he may disqualify the offender.

NOTES: (a) Any Nation is at liberty to modify the first provision in Rule 30 or omit it from its regulations governing tournaments, matches or competitions held in its own country, other than the International Lawn Tennis Championships (Davis Cup and Federation Cup).

(b) When changing ends a maximum of one minute shall elapse from the cessation of the previous game to the time players are ready to begin the next game.

THE DOUBLES GAME

31. The above Rules shall apply to the Doubles Game except as below.

32. For the Doubles Game, the Court shall be 36 feet (10.97 m.) in width, i.e. $4\frac{1}{2}$ feet (1.37 m.) wider on each side than the Court for the Singles Game, and those portions of the singles side-lines which lie between the two service-lines shall be called the service-side-lines. In other respects, the Court shall be similar to that described in Rule 1, what the portions of the singles side-lines between the base-line and service-line on each side of the net may be omitted if desired.

33. The order of serving shall be decided at the beginning of each set as follows:

The pair who have to serve in the first game of each set shall decide which partner shall do so and the opposing pair shall decide similarly for the second game. The partner of the player who served in the first game shall serve in the third; the partner of the player who served in the second game shall serve in the fourth, and so on in the same order in all the subsequent games of a set.

34. The order of receiving the service shall be decided at the beginning of each set as follows.

The pair who have to receive the service in the first game shall decide which partner shall receive the first service, and that partner shall continue to receive the first service in every odd game throughout the set. The opposing pair shall likewise decide which partner shall receive the first service in the second game and that partner shall continue to receive the first service in every even game throughout that set. Partners shall receive the service alternately throughout each game.

35. If a partner serve out of his turn, the partner who ought to have served shall serve as soon as the mistake is discovered, but all points scored, and any faults served before such discovery, shall be reckoned. If a game shall have been

completed before such discovery, the order of service remains as altered.

36. If during a game the order of receiving the service is changed by the receivers it shall remain as altered until the end of the game in which the mistake is discovered, but the partners shall resume their original order of receiving in the next game of that set in which they are receivers of the service.

37. The service is a fault as provided for by Rule 9, or if the ball touch the Server's partner or anything which he wears or carries; but if the ball served touch the partner of the Receiver, or anything which he wears or carries, not being a let under Rule 13(a) before it hits the ground, the Server wins the point.

38. The ball shall be struck alternately by one or other player of the opposing pairs, and if a player touches the ball in play with his racket in contravention of this Rule, his opponents win the point.

APPENDIX A

Regulations for making tests specified in rule 3.

(i) Unless otherwise specified all tests shall be made at a temperature of approximately 68° Fahrenheit (20° Centigrade), and a relative humidity of approximately 60 per cent. All balls should be removed from their container and kept at the recognised temperature and humidity for 24 hours prior to testing, and shall be at that temperature and humidity when the test is commenced.

(ii) Unless otherwise specified the limits are for a test conducted in an atmospheric pressure resulting in a barometric reading of approximately 30 inches (76 cm.).

(iii) Other standards may be fixed for localities where the average temperature, humidity or average barometric pressure at which the game is being played differ, materially from 68° Fahrenheit (20° Centigrade), 60 per cent and 30 inches (76 cm.) respectively.

Applications for such adjusted standards may be made by any National Association to the International Lawn Tennis Federation and if approved shall be adopted for such localities.

(iv) In all tests for diameter a ring gauge shall be used consisting of a metal plate, preferably non-corrosive of a uniform thickness of one-eighth of an inch (.32 cm.) in which there are two circular openings 2.575. inches (6.54 cm.) and 2.700 inches (6.86 cm.) in diameter respectively. The inner

surface of the gauge shall have a convex profile with a radius of one-sixteenth of an inch (.16 cm.). The ball shall not drop through the smaller opening by its own weight and shall drop through the larger opening by its own weight.

(v) In all tests for deformation conducted under Rule 3 the machine designed by Percy Herbert Stevens and patented in Great Britain under Patent No. 230250, together with the subsequent additions and improvements thereto, including the modifications required to take return deformations shall be employed or such other machine which is approved by a National Association and gives equivalent readings to the Stevens machine.

(vi) Procedure for carrying out tests :

- (a) Pre-compression. Before any ball is tested it shall be steadily compressed by approximately one inch (2.54 cm.), on each of three diameters at right angles to one another in succession; this process to be carried out three times (nine compressions in all). All tests to be completed within two hours of pre-compression.
- (b) Bound test (as in Rule 3). Measurements are to be taken from the concrete base to the bottom of the ball.
- (c) Size test [as in paragraph (iv) above].
- (d) Weight test (as in Rule 3).
- (e) Deformation test. The ball is placed in position on the modified Stevens machine so that neither platen of the machine is in contact with the cover seam. The contact weight is applied, the pointer and the mark brought level, and the dials set to zero. The test weight equivalent to 18 lb. (8.165 kg.) is placed on the beam and pressure applied by turning the wheel at a uniform speed so that five seconds elapse from the instant the beam leaves its seat until the pointer is brought level with the mark. When turning ceases the reading is recorded (forward deformation). The wheel is turned again until figure ten is reached on the wheel scale [one inch (2.54 cm.) deformation]. The wheel is then rotated in the opposite direction at a uniform speed (thus releasing pressure) until the beam pointer again coincides with the mark. After waiting ten seconds the pointer is adjusted to the mark if necessary. The reading is then recorded (return deformation). This procedure is repeated on each ball across the two diametres at right angles to the initial position and to each other.

APPENDIX B

I.L.T.F. Approved tie-break scoring system (Effective from 1st January 1976)

The scoring system as laid down in these Rules may not be varied, except that the following Tie-Break Scoring System may be used at lawn tennis events if so decided by the National Association of the country where the event is held, provided such decision is announced in advance.

In no case may the Tie-Break Scoring System be used in the Federation Cup Competition unless so decided by the Committee of Management of the International Lawn Tennis Federation, or in the Davis Cup Competition unless so decided by the Council of Davis Cup Nations.

The tie-break system will operate when the score reaches six games all or eight games all in any set except in the third or fifth set of a three set or five set match respectively when an ordinary advantage set shall be played in accordance with Rule 25.

The Organising Committee must decide and announce before the start of any tournament, match or competition whether the tie-break will operate at six games all or eight games all.

Where a decision is taken to operate the tie-break at eight games all, the Organising Committee may change this to six games all in one or more complete rounds of any event if, in their opinion, such action is in the best interests of the event.

NOTE: For indoor events (or events specially sanctioned by the National Association of the country concerned) the tie-break system may also operate in the final set.

PROCEDURE

The following system shall be used in a tie-break game:

- (a) A player who first wins seven points shall win the game and the set provided he leads by a margin of two points. If the score reaches six points all the game shall be extended until this margin has been achieved. Numerical scoring shall be used throughout the tie-break game.
- (b) The player whose turn it is to serve shall be the server for the first point. His opponent shall be the server for the second and third points and thereafter each player shall serve alternately for two consecutive points until the winner of the game and set has been decided.
- (c) From the first point, each service shall be delivered alternately from the right and left courts, beginning from the right court.
- (d) Players shall change ends after every six points and at the conclusion of the tie-break game.
- (e) The tie-break game shall count as one game for the ball change.

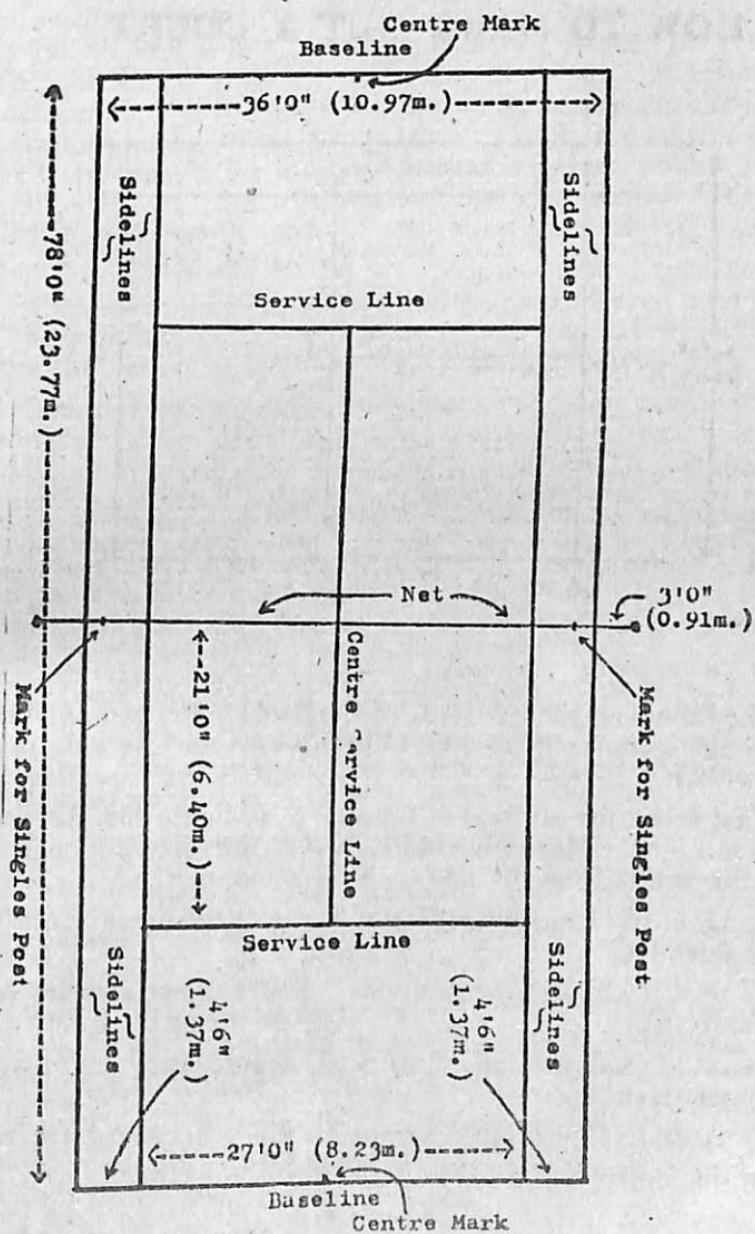
Doubles:

In doubles the procedure for singles shall apply. The player whose turn it is to serve shall be the server for the first point. Thereafter each player shall serve in rotation for two points, in the same order as previously in that set, until the winners of the game and set have been decided.

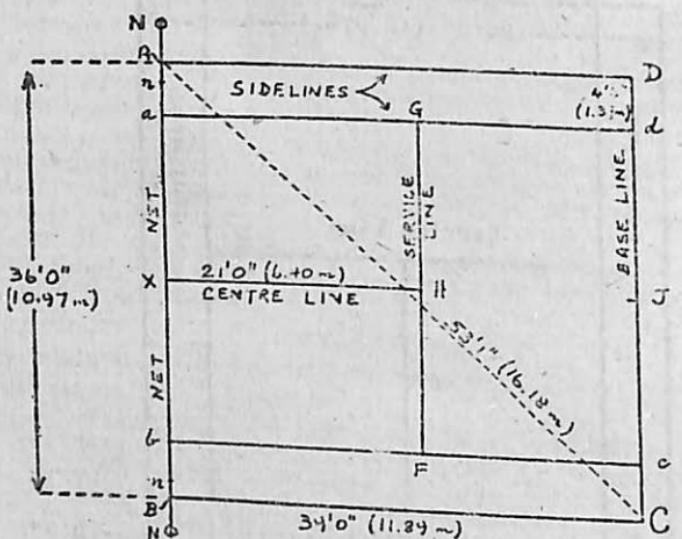
Rotation of service:

The player (or pair in the case of doubles) who served first in the tie-break game shall receive service in the first game of the following set. No other tie-break scoring system is permitted.

PLAN OF THE COURTS
(See Rules 1 and 32)



SUGGESTIONS ON HOW TO MARK OUT A COURT



The following procedure is for the usual combined Doubles and Singles Court. (See note at foot for a Court for one purpose only.)

First select the position of the net; a straight line 42 feet (12.8 m.) long. Mark the centre (X on the diagram above) and, measuring from there in each direction, mark :

at 13' 6" (4.11 m.) the points a, b, where the net crosses the inner sidelines,

at 16' 6" (5.03 m.) the positions of the singles posts (or sticks) (n, n).

at 18' 0" (5.49 m.) the points A, B, where the net crosses the outer sidelines,

at 21' 0" (6.40 m.) the positions of the net posts (N, N), being the ends of the original 42' 0" (12.8 m.) line.

Insert pegs at A and B and attach to them the respective ends of two measuring tapes. On one, which will measure the diagonal of the half-court, take a length of 53' 1" (16.18 m.) and on the other (to measure the sideline) a length of 39' 0" (11.89 m.). Pull both taut so that at these distances they meet at a point C, which is one corner of the Court. Reverse the measurements to find the other corner D. As a check on this operation it is advisable at this stage to verify the length of the line CD which, being the base-line, should be found to be 36' 0" (10.97 m.); and at the same times its centre J can be marked, and also the ends of the inner sidelines (c, d), 4' 6" (1.37 m.) from C and D.

The centre-line and service-line are now marked by means of the points F, H, G, which are measured 21' 0" (6.40 m.) from the net down the lines bc, XJ, ad, respectively.

Identical procedure the other side of the net complete the Court.

NOTES. (i) If a Singles Court only is required, no lines are necessary outside the points a, b, c, d, but the Court can be measured out as above. Alternatively, the corners of the base-line (c,d) can be found if preferred by pegging the two tapes at a and b instead of at A and B, and by then using length of 47' 5" (14.46 m) and 39' 0" (11.89 m.). The net posts will be at n, n, and a 33' 0" (10 m.) singles net should be used.

(ii) When a combined Doubles and Singles Court is to be used for singles and it is not intended to move the net posts and use a 33' 0" (10 m.) net, the ordinary 42' 0" (12.8 m.) doubles net must be stayed up at the points n, n, 3' 0" (0.91 m.) outside the singles sidelines, by means of 3' 6" (1.07 m.) single posts called "sticks" and not more than 3 inches (7.5 cm.) wide, evenly painted. To assist in the placing of these singles posts it is desirable that the points n, n, should each be shown with a white dot when the court is marked.

CASES AND DECISIONS

ADDENDA TO THE RULES OF LAWN TENNIS

(Approved by the International Lawn Tennis Federation.)

RULE 4.

Case 1. Does a player, attempting a stroke, lose the point if he crosses an imaginary line in the extension of the net,

(a) before striking the ball,

(b) after striking the ball?

Decision. He does not lose the point in either case by crossing the imaginary line and provided he does not enter the lines bounding his opponent's Court (Rule 18 (e)). In regard to hindrance, his opponent may ask for the decision of the Umpire under Rules 19 and 23.

Case 2. The Server claims that the Receiver must stand within the lines bounding his Court. Is this necessary?

Decision. No. The Receiver may stand wherever he pleases on his own side of the net.

RULE 6.

Case 1. May the Server in a singles game take his stand behind the portion of the base-line between the side-lines of the Singles Court and the Doubles Court?

Decision. No.

Case 2. If a player, when serving, throws up two or more balls instead of one, does he lose that service?

Decision. No. A let should be called but if the Umpire regards the action as deliberate he may take action under Rule 19.

RULE 9.

Case 1. After throwing a ball up preparatory to serving, the Server decides not to strike at it and catches it instead. Is it a fault?

Decision. No.

Case 2. In serving in a singles game played on a Doubles Court with doubles posts and singles sticks the ball hits a singles stick and then hits the ground within the lines of the correct Service Court. Is this a fault or a let?

Decision. In serving it is a fault, because the singles stick, the doubles post, and that portion of the net, or band between them are permanent fixtures, (Rules 2 and 9, and note to Rule 22.)

RULE 10.

Case 1. A player serves from a wrong Court. He loses the point and then claims it was a fault because of his wrong

Decision. The point stands as played and the next service should be from the correct station according to the score.

Case 2. The point score being 15 all, the Server, by mistake, serves from the left-hand Court. He wins the point. He then serves again from the right-hand Court, delivering a fault. The mistake in station is then discovered. Is he entitled to the previous point? From which Court should he next serve?

Decision. The previous point stands. The next service should be from the left-hand Court, the score being 30/15, and the Server has served one fault.

RULE 12.

Case 1. A service is interrupted by some cause outside those defined in Rule 13. Should the service only be replayed?

Decision. No, the whole point must be replayed.

Case 2. If a ball in play becomes broken, should a let called?

Decision. Yes

RULE 18.

Case 1. In delivering a first service which falls outside the proper Court, the Server's racket slips out of his hand and flies into the net. Does he loses the point?

Decision. If his racket touches the net whilst the ball is in play, the Server loss the point (Rule 18 (e)).

Case 2. In serving, the racket flies from the Server's hand and touches the net before the ball has touched the ground. Is this a fault, or does the player lose the point?

Decision. The Server loses the point because his racket touches the net whilst the ball is in play (Rule 18 (e)).

Case 3. A and B are playing against C and D. A is serving to D. C touches the net before the ball touches the ground. A fault is then called because the service falls outside the Service Court. Do C and D lose the point?

Decision. The call "fault" is an erroneous one. C and D had already lost the point before "fault" could be called,

because C touched the net whilst the ball was in play (Rule 18 (e)).

Case 4. May a player jump over the net into his opponent's Court while the ball is in play and not suffer penalty?

Decision. No; he loses the point (Rule 18 (e)).

Case 5. A cuts the ball just over the net, and it returns to A's side. B, unable to reach the ball, throws his racket and hits the ball. Both racket and ball fall over the net on A's Court. A returns the ball outside of B's Court. Does B win or lose the point?

Decision. B loses the point (Rule 18 (e) and (h)).

Case 6. A player standing outside the service Court is struck by a service ball before it has touched the ground. Does he win or lose the point?

Decision. The player struck loses the point (Rule 18 (g), except as provided under Rule 13 (a)).

Case 7. A player standing outside the Court volleys the ball or catches it in his hand and claims the point because the ball was certainly going out of Court.

Decision. In no circumstance can he claim the point:

(1) If he catches the ball he loses the point under Rule 18(g).

(2) If he volleys it and makes a bad return he loses the point under Rule 18(c).

(3) If he volleys it and makes a good return, the rally continues.

RULE 19

Case 1. Is a player liable to a penalty if in making a stroke he touches his opponent?

Decision. No, unless the Umpire deems it necessary to take action under Rule 19.

Case 2. When a ball bounds back over the net, the player concerned may reach over the net in order to play the ball. What is the ruling if the player is hindered from doing this by his opponent?

Decision. In accordance with Rule 19, the Umpire may either award the point to the player hindered, or order the point to be replayed. (See also Rule 23.)

RULE 21

Case 1. A return hits the Umpire or his chair or stand. The player claims that the ball was going into Court.

Decision. He loses the point.

RULE 22

Case 1. A ball going out of Court hits a doubles post or singles stick and falls within the lines of the opponent's Court. Is the stroke good?

Decision. If a service; no, under Rule 9(c). If other than a service; yes, under Rule 22(a).

Case 2. Is it a good return if a player returns the ball holding his racket in both hands?

Decision. Yes.

Case 3. The service, or ball in play, strikes a ball lying in the Court. Is the point won or lost thereby?

Decision. No. Play must continue. If it is not clear to the Umpire that the right ball is returned a let should be called.

Case 4. May a player use more than one racket at any time during play?

Decision. No; the whole implication of the Rules is singular.

Case 5. May a player request that a ball or balls lying in his opponent's Court be removed?

Decision. Yes, but not while a ball is in play.

RULE 23

Case 1. A spectator gets into the way of a player, who fails to return the ball. May the player then claim a let?

Decision. Yes, if in the Umpire's opinion he was obstructed by circumstances beyond his control, but not if due to permanent fixtures of the Court or the arrangements of the ground.

Case 2. A player is interfered with as in Case No. 1, and

the Umpire calls a let. The Server had previously served a fault. Has he the right to two services?

Decision. Yes; as the ball is in play, the point, not merely the stroke, must be replayed as the Rule provides.

Case 3. May a player claim a let under Rule 23 because he thought his opponent was being hindered, and consequently did not expect the ball to be returned?

Decision. No.

Case 4. Is a stroke good when a ball in play hits another ball in the air?

Decision. A let should be called unless the other ball is in the air by the act of one of the players, in which case the Umpire will decide under Rule 19.

Case 5. If an Umpire or other judge erroneously calls "fault" or "out", and then corrects himself, which of the calls shall prevail?

Decision. A let must be called unless, in the opinion of the Umpire, neither player is hindered in his game, in which case the corrected call shall prevail.

Case 6. If the first ball served—a fault—rebounds, interfering with the Receiver at the time of the second service, may the Receiver claim a let?

Decision. Yes. But if he had an opportunity to remove the ball from the Court and negligently failed to do so, he may not claim a let.

Case 7. Is it a good stroke if the ball touches a stationary or moving object on the Court?

Decision. It is a good stroke unless the stationary object came into Court after the ball was put into play in which case a let must be called. If the ball in play strikes an object moving along or above the surface of the Court a let must be called.

Case 8. What is the ruling if the first service is a fault, the second service correct, and it becomes necessary to call a let either under the provision of Rule 23 or if the Umpire is unable to decide the point?

Decision. The fault shall be annulled and the whole point replayed.

RULE 30

Case 1. A player's clothing, footwear, or equipment becomes out of adjustment in such a way that it is impossible or undesirable for him to play on. May play be suspended while the maladjustment is rectified?

Decision. If this occurs in circumstances not within the control of the player, of which circumstances the Umpire is the sole judge, a suspension may be allowed.

Case 2. If, owing to an accident, a player is unable to continue immediately, is there any limit to the time during which play may be suspended?

Decision. No allowance may be made for natural loss of physical condition. Consideration may be given by the Umpire for accidental loss of physical ability or condition.

Case 3. During a doubles game, may one of the partners leave the Court while the ball is in play?

Decision. Yes, so long as the Umpire is satisfied that play is continuous within the meaning of the Rules, and that there is no conflict with Rules 33 and 34.

RULE 33

Case 1. In doubles, one player does not appear in time to play, and his partner claims to be allowed to play single-handed against the opposing players. May he do so?

Decision. No.

RULE 34

Case 1. Is it allowable in doubles for the Server's partner to stand in a position that obstructs the view of the Receiver?

Decision. Yes. The Server's partner may take any position on his side of the net in or out of the Court that he wishes.

NETBALL

*Official Rules of the International Federation
of Women's Basketball and Netball
Associations (As amended
August 1967)*

SECTION 1—ORGANISATION OF GAME

1. Equipment

A. The Court

(i) The Court shall be 100 feet long and 50 feet wide and marked clearly with lines. The longer sides shall be called side lines and the shorter sides goal lines.

(ii) The court shall be divided by two lines into three equal parts, a centre third and two goal thirds.

(iii) A semi-circle shall be drawn in each goal third, its centre being at the middle of the goal line and its radius 16 feet; the space enclosed by the semi-circle shall be called the shooting circle.

(iv) The centre of the court shall be marked by a circle 3 feet in diameter. This shall be called the centre circle.

(v) All lines are part of the court, and shall be not more than 2 inches wide.

B. The Goalposts

(i) The goalposts shall be placed one in the middle of each goal line.

(ii) Each goalpost shall consist of a vertical post from which a metal ring shall project horizontally six inches from the supporting surface, with a diameter of 15 inches and ten feet from the ground. The ring shall be provided with a net open at both ends. The top of the post shall be on a level with the ring.

(iii) The post may be supported by a socket in the ground or by a metal base which should, if possible, not project on to the court.

C. The Ball

The ball shall be a netball. That is, an Association football size 5 or a basketball between 27 and 28 inches in circumference,

and between 14 and 16 ounces in weight and well inflated. The ball may be made of sewn or moulded leather or moulded rubber.

D. Shoes

Spiked shoes may not be worn.

2. **Duration of play** (i) The game shall consist of four quarters of 15 minutes each, with an interval of 3 minutes between the first-second and third-fourth quarters and with a maximum of 10 minutes at half time. Teams shall change ends each quarter.

(ii) Where any one team plays two or more matches in one day, or where time is limited, the game shall consist of two halves of 20 minutes each with a maximum 5 minute interval at half-time; teams shall change ends at half-time.

(iii) Time lost for an accident or any other cause must be noted and added to that quarter of the game. In no case shall extra time be allowed except to take a penalty shot.

(iv) In certain climatic conditions the duration of play for International matches shall be determined by the countries concerned.

3. The team. A team shall consist of seven players :

Goal Shooter — G.S.	Wing Defence — W.D.	
Goal Attack — G.A.	Centre — C.	Goal Defence — G.D.
Wing Attack — W.A.	Goal Keeper — G.K.	

4. **Officials.** All umpires, official scorers and official time-keepers at International matches shall be women.

Umpires. There shall be two umpires who shall have control of the game and give decisions. The decisions of the umpires shall be final and shall be given without appeal. Each umpire shall :

(i) Control and give decisions in half the court. For this purpose the length of the court is divided in half across the centre from side line to side line.

(ii) Give decisions for the throw-in for the whole of one side line and one goal line and shall restart the game after all goals scored in her half of the court.

(iii) Umpire in the same half of the court throughout the match.

(iv) Keep outside the court except when it is necessary to enter it to secure a clear view of the play, or to give a throw-up.

(v) Keep moving along the side line, and behind the goal line to see play in the circle.

(vi) Be ready to give decisions outside her half if appealed to by the other umpire.

(vii) Not penalise an infringement when by so doing she would place the non-offending team at a disadvantage.

5. Captains. The Captains shall :

(i) toss for choice of goal or first Centre Pass; and notify the umpires of the result.

(ii) during an interval or after an injury notify the umpires and the opposing captain if they wish to change the position of players.

6. Substitutes. When a player is hurt, a stop of up to 5 minutes is allowed to decide whether the injured player is fit to continue play.

A substitute for injury or illness is allowed, but once the substitute has played the injured or sick player may not return.

Late arrivals may enter the game only after the play in progress has resulted in a goal. The player must first notify the umpire.

7. Position of players for Recognition. At the beginning of a match, before the umpire gives the ball to the player in the centre circle, the players shall take up the following positions on the court, for recognition by the umpire :

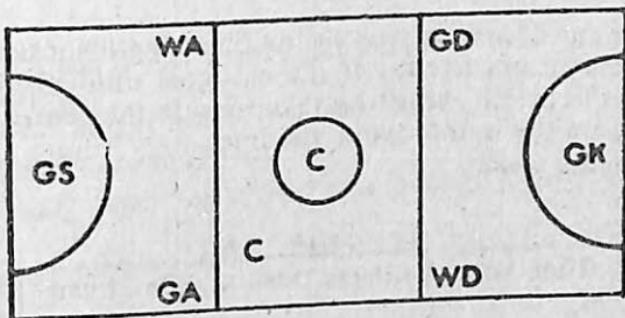
(i) Goal Shooter and Goal Keeper in the appropriate goal circles.

(ii) Goal Attack and Goal Defence on the right hand of the goal third as they face the centre.

(iii) Wing Attack and Wing Defence on the left hand side of the goal third as they face the centre.

(iv) Both Centres in the centre third.

When the Umpire has recognised the positions of players she shall give the ball to the appropriate Centre and other players are free to move.



Position of Players for recognition at beginning of match.

8. Position of Players for Start of Play

A. (i) The Centre in possession of the ball shall stand within the centre circle.

(ii) The opposing Centre shall be in the centre third, but not closer than 3 feet from the edge of the centre circle, before the whistle is blown.

(iii) All other players shall be in their own playing area in the goal third in which they line up and free to move but, until the whistle is blown, only in that area.

B. Start of play

(i) Play shall be started by a centre pass taken alternately throughout the game by the Centres, that is after each goal or after intervals.

(ii) The Umpire shall blow the whistle when she is satisfied that the appropriate Centre is wholly within the centre circle and in possession of the ball, and the other players in their correct areas.

C. Centre pass

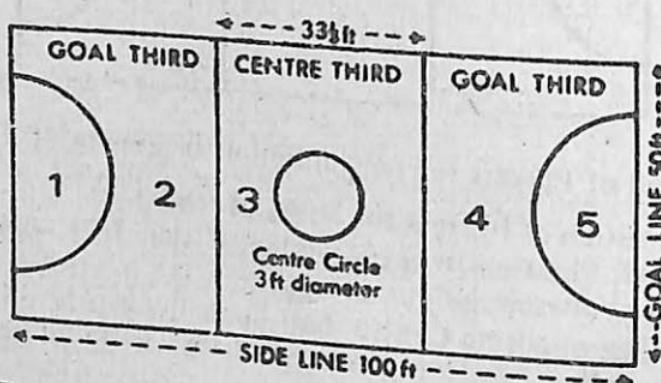
(i) When the whistle is blown, the Centre in possession of the ball must pass it within 3 seconds and obey the footwork rule.

(ii) The first pass shall be caught or touched by another player who is standing or who lands within the centre third.

A player who lands with her first foot wholly within the centre third is deemed to have received the ball in that third. Her subsequent throw shall be considered to have been made from the centre third.

Penalty for C. Free pass to the opposing team taken where the infringement occurred. If the ball goes untouched into the goal third, the penalty must be taken inside the centre third at the spot where the ball crossed the line.

9. Playing Areas



A. The playing area for each player is listed below :

Goal Shooter	—	1,	2
Goal Attack	—	1,	2,
Wing Attack	—	2,	3
Centre	—	2,	3,
Wing Defence	—	3,	4
Goal Defence	—	3,	4
Goal Keeper	—	3,	4, 5

Lines bounding each area are included as part of that area.

B. Positions of players may be changed only :

(i) during an interval

(ii) after stoppage caused by an injury or illness.

10. Offside

A. A player with or without the ball shall be offside if she enters any area other than her playing area.

A player is considered to have entered an offside area if any part of her touches the ground beyond the line bounding her playing area.

She may reach over and take the ball from her offside area, provided that she does not touch the ground in that area.

Penalty. A free pass to the opposing team which shall be taken :

(i) from the place in the offside area where the infringement occurred,
 (ii) by a player allowed in that area.

B. Simultaneous Offside

When any two opposing players go offside at the same moment :

(i) if neither makes any contact with the ball, they are not penalised.

(ii) if one of them is in possession of the ball or touches it, a throw-up is given in their own area of play.

(iii) if both of them are in possession of the ball or touch it, a throw-up is given in their own area of play.

(iv) if they are from adjoining playing areas, a throw-up is given in the centre third, between two players allowed in that area.

11. Out of Court

A. The ball is out when :

(i) it touches the ground outside the court,
 (ii) it touches an object or person in contact with the ground outside the court,
 (iii) it is held by a player in contact with the ground outside the court.

A ball which hits any part of the goal post and rebounds into play is not out of court,

B. A player in contact with the ball is out of court when :

(i) she touches the ground outside the boundary line,
 (ii) she touches any object or person outside the boundary line.

A player having no contact with the ball may stand or move out of court; but from contact with the ground out of court she may not jump to play the ball.

12. The Throw In

A. When it goes out of court, the ball shall be put into play by a member of the team opposing either :

(i) the player who last had contact with the ball, OR
 (ii) the player who received the ball with any part of her touching the ground outside the court.

The player throwing the ball in must :

(i) throw from immediately behind the point where the ball crossed the line except after an unsuccessful shot at goal

when the ball goes clearly out of court without being touched. In this case the throw may be made from any point behind that part of the goal line which marks the goal circle,

(ii) pause before throwing,

(iii) throw not later than 3 seconds after the umpire has indicated that all players are on the court,

(iv) not enter the court until the ball has left her hands.

(v) throw into the nearest third of the court from behind the goal lines, or the nearest or adjacent third from behind the side lines,

(vi) throw only from behind the line bounding her own playing area.

Penalty. Throw in by the opposing team except in (v) when the penalty is a free pass taken as indicated in diagram on page 27.

B. If the ball is sent out of court simultaneously by two players in opposing teams, or the umpire cannot decide who touched the ball last, there shall be a throw up between two opposing players on the court, opposite the point where the ball went out.

C. When the ball from a throw in goes out of court without being touched, a throw in shall be taken from behind the point where the ball last went out.

SECTION II—METHODS OF PLAY

1. Playing the Ball

A. A player may :

(i) catch the ball with one or both hands,

(ii) gain or regain control of the ball if it rebounds from the goalpost,

(iii) bat or bounce to another player a ball that comes within her reach without first having possession of it,

(iv) either catch the ball or direct the ball to another player having tipped the ball in an uncontrolled manner into the air once or more than once,

or batted the ball once,

or bounced the ball once,

B. When a player has caught or held the ball she may :

(i) throw it in any manner and in any direction to another player.

C. When a player has caught or held the ball she must play it or shoot for goal within three seconds.

D. When a player has caught or held the ball she may not :

(i) roll the ball,

(ii) throw the ball and play it before it has been touched by another player except after an unsuccessful shot at goal,

(iii) toss the ball into the air and catch it again,

(iv) drop the ball and replay it,

(v) bounce the ball and catch it again.

E. A player may not :

(i) deliberately kick the ball,

(ii) place a hand or hands on the ball held by an opponent,

(iii) strike the ball with a fist,

(iv) deliberately throw her body on the ball to get it,

(v) attempt to gain possession or throw the ball while lying, sitting or kneeling on the ground. A player who falls while holding the ball must regain her footing and throw within (3) three seconds of receiving the ball,

(vi) use the goalpost as a support in recovering a ball going out of court or as a means of regaining balance,

F. (i) At the moment the ball is passed there must be room for a third player to move between the hands of the thrower and those of the receiver,

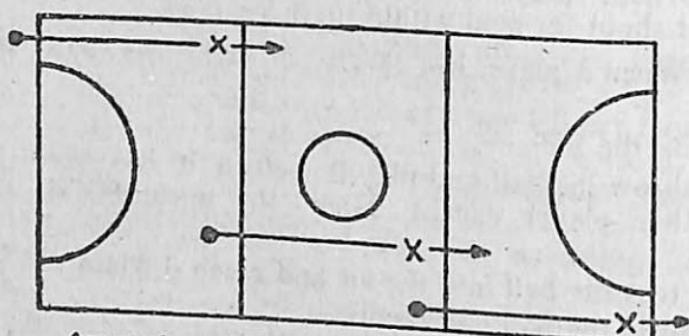
(ii) (a) The ball may not be thrown over a complete third without being touched by a player who is standing or who lands in that third.

(b) A player who lands with her first foot wholly within the correct third is deemed to have received the ball in that third.

Her subsequent throw shall be considered to have been made from that third.

Penalty A free pass to the opposing team where the infringement occurs, except for throwing the ball over a complete

third when the penalty is given from the place indicated on the diagram.



Arrow shows flight of ball.

X where the free pass is taken—just inside the second line that the ball has crossed

2. Footwork for Throwing and Shooting

A player may :

A. receive the ball with one foot grounded, or jump to catch and land on one foot and then :

(i) step with the other foot in any direction, lift the landing foot and throw or shoot before this foot is regrounded,

(ii) step with the other foot in any direction any number of times, pivoting on the landing foot. She may lift the pivoting foot, but must throw or shoot before she regounds it,

(iii) jump from the landing foot on to the other foot and jump again but must throw the ball or shoot before regrounding either foot,

(iv) step with the other foot and jump but must throw the ball or shoot before regrounding either foot.

B. receive the ball while both feet are grounded, or jump to catch and land on both feet simultaneously, and then :

(i) step with either foot in any direction, lift the other foot and throw or shoot before this foot is regrounded,

(ii) step with either foot in any direction any number of times pivoting on the other. She may lift the pivoting foot but must throw or shoot before she regounds it.

(iii) jump from both feet, but must throw or shoot before regrounding either foot,

(iv) step with either foot and jump but must throw the ball or shoot before regrounding either foot.

Dragging of the landing foot and hopping are not allowed.

Penalty. Free pass to the opposing team from where the infringement occurred.

3. Scoring a Goal

A. A goal is scored when the ball is thrown or batted over and completely through the ring into the net by Goal Shooter or Goal Attack from any point within the shooting circle including the lines bounding the circle.

(i) If the ball is netted by any other player no goal is scored and play continues.

(ii) If a defending player deflects a shot for goal and the ball is then netted, the goal is scored.

(iii) If the ball passes through the ring after the umpire's whistle has been blown for 'time' no goal shall be scored.

A shot for goal may be intercepted.

B. Where a penalty shot is taken, the shot may not be intercepted.

If the whistle for an interval or time is blown after a penalty shot has been awarded, it shall be taken or completed.

In taking a shot for goal a player must :

(i) have no contact with the ground outside the circle, either during the catching of the ball or whilst she is holding it. She does not make contact with the ground if she leans on the ball, but if this happens behind the goal line the ball is considered to be out of court.

(ii) shoot within 3 seconds of catching or holding the ball.

(iii) obey the footwork rule for throwing or shooting.

Penalty. A free pass to the opposing team from where the shot was made.

C. If a defending player causes the post to move so as to interfere with the shot at goal, a penalty shot shall be awarded.

SECTION III—FOULS AND PENALTIES

1. Contact

A. Personal Contact

No player shall come into personal contact with an oppo-

nent in such a manner as to interfere with her play either accidentally or deliberately:

(i) by her own effort to get free, when she may not :

(a) push her opponent in any way,

(b) trip or knock her opponent in any way,

(ii) by her own effort to contact the ball when she may not throw her body against an opponent or rush into her.

(iii) by her effort to defend when she may not :

(a) keep her elbow against an opponent,

(b) hold an opponent; this includes feeling her to keep near her,

(c) push an opponent,

(d) charge an opponent; that is, when jumping throw her body against a player.

(iv) by removing the ball in any way from an opponent either with her hands or any part of her body.

(v) by contact on any other occasion or in any other way.

B. Contact with the Ball

A player while holding the ball shall not touch or push an opposing player with it in such a manner as to interfere with play.

2. Obstruction

Any effort to defend a player with the ball from a distance closer than 3 feet is obstruction. This distance is measured on the ground between the nearer foot of the defender and the foot of the attacker as follows :

(i) If a player receives the ball with one foot grounded or jumps to catch and lands on one foot, the distance is measured from that foot of the attacker and the nearer foot of the defender.

(ii) If a player receives the ball while both feet are grounded or jumps to catch and lands on both feet simultaneously after catching the distance is that existing between the nearer foot of the defender and

(a) the pivoting foot of the attacker, if she pivots;

(b) the foot which remains on the ground until the ball is thrown, if she steps in any direction;

(c) either foot if she remains grounded on both feet;

(d) either foot, if she jumps from both feet to throw.

A defender may attempt to intercept if the distance on the

ground is not less than 3 feet from the attacker as specified in this rule.

If when attempting to intercept a defender steps towards the attacker, she is obstructing if she places a foot within 3 feet of the point specified in this rule.

If a player with the ball steps forward from the point specified in this rule, a defender may attempt to intercept.

A player is obstructing if, with arms outstretched and within a distance of 3 feet measured on the ground, she defends *an opponent with the ball*. If however, the arms are outstretched to intercept a thrown ball no obstruction occurs.

When an opponent with or without the ball uses intimidating movements she is obstructing.

Penalty

(i) If outside the circle, a penalty pass to the opposing side.

(ii) If inside the circle, either Goal Shooter or Goal Attack shall have the choice of a penalty pass or a penalty shot.

In both cases—

(a) the penalty shall be taken from where the infringement occurred,

(b) the infringer must stand beside the thrower and take no part in the play until the ball has left the player's hands.

NOTE: Any player allowed in the area may take the Penalty. A Penalty shot may not be intercepted.

3. The Throw Up

A. A throw up puts the ball into play when :

(i) Two opposing players gain simultaneous possession of the ball with either or both hands.

(ii) Two opposing players simultaneously knock the ball, out of court.

(iii) Two opposing players are simultaneously offside, one in possession of, or touching the ball.

(iv) Two opposing players, in striving to obtain the ball, make simultaneous personal contact.

(v) The umpire is unable to determine the last player to touch the ball before it goes out of court.

B. The two players shall stand facing each other and their own goal ends with arms straight and hands to sides but feet in any position. There shall be a distance of 3 feet between the nearer foot of one player and that of her opponent.

C. The Umpire flicks the ball not more than 2 feet into the air from a point midway between the players. The ball shall have the Umpire's hands below the shoulder level of the shorter player. The whistle is blown as the ball is released. The two players may not move until the whistle is blown. If one player moves too soon the ball is given to the other side.

D. The ball may be caught, or it may be batted in any direction except directly at the opposing player. All other players may stand or move anywhere within their playing area.

Goal Shooter or Goal Attack may make a shot for goal or pass if the ball is obtained from a throw up in the goal circle.

E. The throw up shall be taken as near as possible to the place where the incident occurred, between the players concerned, except where two players from adjoining playing areas are concerned. In this case the throw up is given in the playing area further from the goal area between *any* two opposing players allowed in that area.

4. The Free Pass

A free pass is awarded for an infringement of the rules, except in the case of Personal Contact or Obstruction.

In taking a free pass the ball may be thrown :

(i) by any player in the opposing team allowed in the area.

(ii) from the spot where the infringement occurred,

(iii) to any player, provided it is not thrown over a complete third of the court.

5. Accidents

After a stop for an accident or for any other cause, the game continues from the spot where the ball was when play was stopped. Time lost before continuing the game must be added to that quarter or half.

If the accident is due to Personal Contact or Obstruction

the infringement is penalised where it occurred and play continues.

If the umpire is unable to say who had the ball or if the ball is on the ground when play stopped, a throw up is given between any two opponents allowed in that area, on, or as near as possible to, the spot where the ball was when play ceased.

SOFTBALL

(*Rules adopted by the International Joint Rules Committee on Softball and International Softball Federation*)

RULE ONE—THE PLAYING FIELD

Sec. 1. *The playing field* is the area within which the ball may be legally played or fielded. The playing field shall have a clear and unobstructed area within a radius of 200 feet from home plate between the foul lines. Outside the foul lines and between the home plate and the backstop there shall be an unobstructed area not less than 25 feet in width.

Sec. 2. *Ground or special rules* establishing the limits of the playing field may be agreed upon by leagues or opposing teams whenever backstops, fences, stands vehicles, spectators, or other obstructions are within the prescribed area. Any obstruction less than 200 feet from home plate should be clearly marked for the umpire's information.

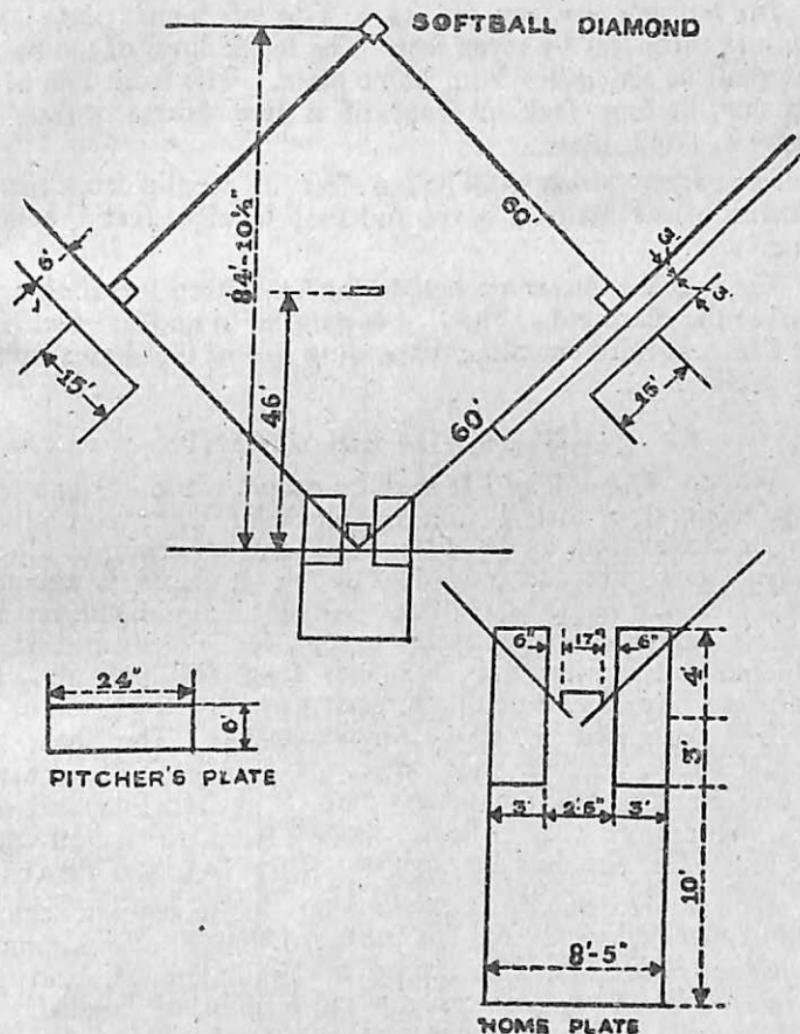
Sec. 3. *The official diamond* shall have 60 foot baselines with a pitching distance of 40 feet for women and 46 feet for men.

Sec. 4. *The layout of the diamond* is shown in the accompanying diagrams. To determine the position of home plate, draw a line in the direction it is desired to lay the diamond. Drive a stake at the corner of the home plate nearest the catcher. Fasten a cord to this stake and tie knots, or otherwise mark the cord at 46 feet, 60 feet, 15 feet $10\frac{1}{4}$ inches, and at 120 feet.

Place the cord (without stretching) along the direction line and at the 46-foot marker place a stake—this will be the front line at the middle of the pitcher's plate. Along the same line, drive a stake at 84 feet $10\frac{1}{4}$ inches mark—this will be the centre of second base.

Place the 120-foot marker at the center of second base and, taking hold of the cord at the 60-foot marker, walk to the right of the direction line until the cord is taut and drive a stake at the 60-foot marker—this will be the outside corner of first base, and the cord will now form the lines to first and second bases. Again holding the cord at the 60-foot marker, walk across

the field and in like manner mark the outside corner of third base. Home plate, first and third bases are wholly inside the diamond.



NOTE. Girls Pitching Distance 40 feet.

For Juniors 9-12 years. 45 ft. Bases—35 ft. Pitching.

To check the diamond, place the home plate end of the cord at first base stake and the 120-foot marker at third base. The 60-foot marker should now check at home plate and second base.

(Check all distances with a steel tape whenever possible.)

The three-foot line is drawn parallel to and three feet from the base line starting at a point halfway between home plate and first base.

The batter's box, one on each side of home plate, shall measure three feet by seven feet. The inside lines of the batter's box shall be six inches from home plate. The front line of the box shall be four feet in front of a line drawn through the centre of home plate.

The catcher's box shall be ten feet in length from the rear corners of the batter's boxes and shall be eight feet five inches wide.

The coaches' boxes are behind the line fifteen feet long drawn outside the diamond. The line is parallel to and six feet from the first and third baseline extending from the bases toward home plate.

RULE TWO—EQUIPMENT

Sec. 1. *The official bat* shall be round, made of one piece of hard wood, or formed from a block of wood consisting of two or more pieces of wood bounded together with an adhesive in such a way that the grain direction of all pieces is essentially parallel to the length of the bat. Any such laminated bat shall contain only wood or adhesive, except for a clear finish. The bat shall not be more than 34 inches long and not more than 2 $\frac{1}{4}$ inches in diameter at its largest part. A tolerance of 1/32 inch is permitted to allow for expansion. The bat shall have a safety grip of cork, tape, or composition material. The safety grip shall not be less than ten inches long and shall not extend more than fifteen inches from the small end of the bat. The bat shall be marked 'OFFICIAL SOFTBALL'.

Sec. 2. *The official softball* shall be a regular, smooth-seam concealed stitch or flat surfaced ball, not less than 11 $\frac{1}{8}$ inches nor more than 12 $\frac{1}{4}$ inches in circumference, and shall weigh not less than 6 ounces nor more than 6 $\frac{3}{4}$ ounces. The centre of the ball may be made of either #1 quality long fibre kapok or a mixture of cork and rubber, hand or machine wound with a fine quality twisted yarn and covered with latex or rubber cement. The cover of the ball shall be the finest quality #1 chrome tanned horse or cow hide, cemented to the ball by application of cement to the inner side of the cover and sewed with waxed thread of cotton or line.

Sec. 0. *The home plate shall be made of rubber or other suitable material. It shall be a five-sided figure seventeen inches wide across the edge facing the pitcher. The sides shall be parallel to the inside lines of the batter's boxes and shall be eight and one half inches long. The sides of the point facing the catcher shall be twelve inches long.*

Sec. 4. *The pitcher's plate shall be of wood or rubber, twentyfour inches long and six inches wide. The top of the plate shall be level with the ground and the front line of the plate shall be forty-six (46) feet from the outside corner of home plate and forty (40) feet for women.*

Sec. 5. *The bases, other than home plate, shall be fifteen inches square and shall be made of canvas or other suitable material. The bases should be securely fastened in position.*

Sec. 6. *Gloves may be worn by any player, but mitts may be used only by the catcher and first baseman. No top lacing webbing, or other device between the thumb and body of glove or mitt worn by a first baseman or other fielder shall be more than four inches in length.*

Sec. 7. *A shoe shall be considered official if it is made with either canvas or leather uppers or similar materials. The soles may be either smooth or with soft or hard rubber cleats. Soft-ball shoes may be used.*

Sec. 8. *Masks must be worn by catchers, and women catchers must wear both masks and body protectors. As a precaution against injuries and infection, it is recommended that women players wear knickers or full length trousers.*

* *Sec. 9.* *No equipment shall be left lying on the field, either in fair or foul territory.*

RULE THREE—PLAYERS AND SUBSTITUTES

Sec. 1. *A team shall consist of nine players, whose positions shall be designated as follows: Pitcher, Catcher, First Baseman, Secondman, Third Baseman, Shortstop, Left Fielder, Centre Fielder and Right Fielder. Players of the team in the field may be stationed anywhere on fair ground. The pitcher, in delivering the ball to the batter must be in legal pitching position and the catcher must be in his box.*

Sec. 2. A team must have nine players to start or to continue a game.

Sec. 3. A player shall be official in the game when his name has been entered on the official scoresheet or has been announced. A substitute may take the place of a player whose name is in his team's batting order. The following will govern the substitution of players :

(a) The captain of the team making the substitution must immediately notify the umpire who will suspend play and announce the change to the spectators and captain of the other team.

(b) Substitute players will be considered in the game as follows :

- (1) Batter, when he takes his place in the batter's box.
- (2) Fielder, when he takes the place of the fielder substituted for.
- (3) Runner, when the substitute replaces him on the base he is holding.
- (4) Pitcher, when he takes his place on the pitcher's plate.

(c) Each pitcher whose name has been entered on the scoresheet, who has been announced, or who has taken his place on the pitcher's plate, must pitch until the batter facing him has completed his turn at bat or the side has been retired. Any other player may be removed from the game at any time.

(d) Whether announced or unannounced, any play made by or on the substitute player shall be legal.

(e) A player removed from the game shall not participate in the game again except as a coach.

RULE FOUR—DEFINITIONS

Sec. 1. Appeal Play. An appeal play is a play upon which an umpire does not make a decision until requested by a player. The appeal must be made before the next ball is delivered to the batter.

Sec. 2. Base on Balls. A base on balls permits a batter to gain first base without liability to be put out and is awarded to a batter by the umpire when four pitches are judged to be balls.

Sec. 3. Base Path. A base path is an imaginary line three feet to either side of a direct line between the bases.

Sec. 4. Base Runner. A base runner is a player of the team at bat who has finished his turn at bat, reached first base, and has not yet been put out.

Sec. 5. Batted Ball. A batted ball is any ball that hits the bat or is hit by the bat and which lands either in fair or foul territory.

Sec. 6. Batter's Box. The batter's box is the area to which the batter is restricted while in position with the intention of helping his team to obtain runs. While at bat he should not touch or cross box lines.

Sec. 7. Batter Baserunner. A batter-baserunner is a player who has finished his turn at bat but has not yet been put out of touched first base.

Sec. 8. Batting Order. The batting order is the official listing of offensive players in the order in which members of that team must come to bat.

Sec. 9. Blocked Ball. A blocked ball is a batted or thrown ball that is touched, stopped, or handled by a person not engaged in the game, or which touches any object which is not part of the official equipment or official playing area.

Sec. 10. Bunt. A bunt is a legally tapped ball not swung at, but intentionally met with the bat and tapped slowly within the infield.

Sec. 11. Catch. A catch is a legally caught ball which occurs when the fielder catches a batted or thrown ball with his hands or glove. If the ball is merely held in the fielder's arms or prevented from dropping to the ground by some part of the fielder's body or clothing, the catch is not completed until the ball is in the grasp of the fielder's hands or glove.

Sec. 12. Catcher's Box. The catcher's box is that area within which the catcher must stand with and until the pitcher delivers a pitched ball.

Sec. 13. Coach. A coach is a member of the team at bat who takes his place within the coacher's lines on the field to direct the players of his team in running the

Sec. 14. Dead Ball. Ball is dead which is not in play and not considered in play until the pitcher holds it in pitching position and the umpire has called 'Play Ball'.

Sec. 15. Defensive Team. The defensive team is the team in the field.

Sec. 16. Double Play. A double play is a play by the defense in which two or more offensive players are legally put as a result of continuous action.

Sec. 17. Fair Ball. A fair ball is a batted ball that settles on fair territory between home and first base or home and third base, or that is on or over fair territory including any part of first and third base when bounding to the outfield or that touches first, second, or third bases; or that, while on or over fair territory touches any part of umpire or player, or that while over fair territory passes out of the playing field beyond the outfield fence.

Sec. 18. Fair Territory. Fair territory is that part of the playing field within and including the first and third base foul fence and perpendicularly upwards.

Sec. 19. Fielder. A fielder is any player of the team in the field.

Sec. 20. Fly Ball. A fly ball is any ball batted into the air.

Sec. 21. Force-Out. A force-out is an out which can be made only when a baserunner loses the right to the base which he is occupying because the batter becomes a baserunner and before the batter or a succeeding baserunner has been put out.

Sec. 22. Foul Ball. A foul ball is any batted ball that settled on foul territory or which is first touched by a fielder in foul territory; or which does not conform to the requirements of a fair batted ball.

Sec. 23. Foul Tip. A foul tip is a foul ball which goes directly from the bat, not higher than the batter's head, to the catcher's hands and is legally caught.

Sec. 24. Home Team. The team is the team on whose grounds the game is played, or any other ground managed by a

Sec. 25. Illegally Caught Ball. An illegally caught ball occurs when a fielder catches a batted or thrown ball with his cap, glove, or any part of his uniform while it is detached from its proper place.

Sec. 26. In Flight. In flight describes any batted, thrown or pitched ball which has not yet touched the ground or some object other than a fielder.

Sec. 27. In Jeopardy. In jeopardy is a term indicating that the ball is in play and an offensive player may be put out.

Sec. 28. Infield. The infield is that portion of the field which is included within the diamond made by the baselines.

Sec. 29. Infield Fly. An infield fly is a fair hit ball, other than a line drive or bunted fly ball, that is caught or in the opinion of the umpire could be easily handled by an infielder.

Sec. 30. Inning. An inning is that portion of a game within which the teams alternate on offense and defense and in which, there are three outs for each team.

Sec. 31. Interference. Interference is the act of a defensive player which hinders or prevents a batter from striking or hitting a pitched ball, or the act of an offensive player, which impedes, hinders, or confuses a defensive player while attempting to execute a play.

Sec. 32. Legal Touch. A legal touch occurs when runner or batter-baserunner who is not touching a base is touched by the ball while it is securely held in the fielder's hand. The ball is not considered as having been securely held if it is juggled or dropped by the fielder after having touched the runner unless the runner deliberately knocks the ball from the hand of the fielder. It is sufficient for the runner to be touched with the hand or glove in which the ball is held.

Sec. 33. Legally Caught Ball. A legally caught ball occurs when a fielder catches a batted or thrown ball provided it is not caught in the fielder's hat, cap, protectors, packet, or any other part of his uniform.

Sec. 34. Line Drive. A line drive is an aerial ball that is batted sharply and directly into the playing field.

Sec. 35. Obstructed Ball. An obstructed ball is a batted or thrown ball which strikes an object such as a fence, back-

stop, post, stand, tree, automobile, or other objects within 25 feet of the baselines.

Sec. 36. Obstruction. Obstruction is the act of a fielder, while not in possession of the ball or in the act of fielding a batted ball, which impedes the progress of a baserunner who is legally running bases.

Sec. 37. Offensive Team. The offensive team is the team at bat.

Sec. 38. Outfield. The outfield is that portion of the field which is outside the diamond formed by the baselines and within the foul lines beyond first and third bases and the boundaries of the grounds.

Sec. 39. Overthrow. An overthrow is a play in which a ball is thrown from one fielder to another to retire a runner who has not reached or is off base and which goes into foul territory on a play at first, third or home base.

Sec. 40. Passed Ball. A passed ball is a legally delivered ball that should have been held or controlled by the fielder with ordinary effort.

Sec. 41. Play Ball. 'Play Ball' is the term used by the plate umpire to indicate that play shall begin or be resumed.

Sec. 42. Sacrifice Fly. Sacrifice fly is any caught fair fly ball that permits a baserunner to advance a base safely after it is first touched by a fielder.

Sec. 43. Strike Zone. The strike zone is that space over home plate which is between the batter's arm pits and the top of his knees when the batter assumes his natural batting stance.

Sec. 44. Turn at Bat. A turn at bat begins when a player first enters the batter's box and continues until he is put out or becomes a baserunner.

Sec. 45. Time. 'Time' is the term used by the umpire to order the suspension of play.

Sec. 46. Wild Pitch. A wild pitch is legally delivered ball so high, so low, or so wide of the plate that the catcher cannot or does not stop and control it with ordinary effort.

RULE FIVE—THE GAME

Sec. 1. The choice of first or last bat in the inning shall be decided by a toss of a coin unless otherwise stated in the rules

of the organization under which the schedule of games is being played.

Sec. 2. The fitness of the ground for beginning a game shall be decided solely by the home team. After 'play ball' has been called, the umpire shall be the sole judge as to the fitness of the ground for resuming play.

Sec. 3. Game. A regulation game shall consist of five innings.

(a) A full five innings need not be played if the team second at bat scores more runs in four innings or before the third out in the last of the fifth inning.

(b) A game that is tied at the end of five innings shall be continued by playing additional innings until one side has scored more runs than the other at the end of a complete inning, or until the team scored at bat has scored more runs in their half of the inning before the third cut is made.

(c) A game called by the umpire shall be regulation if three more complete innings have been played, or if the team second at bat has scored more runs than the other team has scored in three or more innings. The umpire is empowered to call a game at any time due to darkness, rain, fire, panic or other cause which put the patrons or players in peril.

(d) A regulation tie game shall be declared if the score is equal when the game is called at the end of three or more complete innings, or if the team second at bat has equalled the score of the first team at bat in the incomplete inning.

(e) A forfeited game shall be declared by the umpire in favour of the team not at fault in the following cases :

(1) If a team fails to appear upon the field, or being upon the field, refuses to begin a game for which it is scheduled or assigned at the time scheduled or within the time set for forfeitures by the organization in which the team is playing.

(2) If, after the game has begun, one side refuses to continue to play, unless the game has been suspended or terminated by the umpire.

(3) If, after play has been suspended by the umpire, one side fails to resume playing within two minutes after the umpire has called 'Play Ball'.

- (4) If a team adopts tactics palpably designed to delay or to hasten the game.
- (5) If, after warning by the umpire, any one of the rules of the game is violated.
- (6) If the order for the removal of a player is not obeyed within one minute.

Sec. 4. The winner of the game shall be the team that scores more runs in a regulation game:

(a) The score of a called regulation game shall be the score at the end of the last complete inning unless the team second at the bat has scored more runs than the first team at bat in the incomplete inning. In this case, the score shall be that of the incomplete inning.

(b) The score of a regulation tie game shall be the tie score when the game was terminated. A regulation tie game shall be replayed from the beginning.

(c) The score of a forfeited game shall be 5-0 in favour of the team not at fault.

Sec. 5. One run shall be scored each time a baserunner legally touches first, second, third bases and home plate before the third out of the inning.

Sec. 6. A run shall not be scored if the third out of the inning is a result of:

(a) The batter being put out before legally touching first base.

(b) A baserunner being forced out due to the batter becoming baserunner.

(c) A baserunner leaving base before the pitcher releases the ball to the batter.

(d) A preceding baserunner being put out for failure to touch base if the base missed was one to which the runner was forced to advance.

Sec. 7. A baserunner shall not score a run ahead of the baserunner preceding him in the batting order if the preceding runner has not been put out.

RULE SIX—PITCHING REGULATIONS

Sec. 1. The Pitcher shall take a position with both feet firmly on the ground and in contact with the pitcher's plate.

(a) Preliminary to pitching the pitcher must come to a full and complete stop facing the batter with both shoulders in line with first and third base, and with the ball held in both hands in front of the body.

(b) This position must be maintained at least one second and not more than 20 seconds before taking one hand off the ball to start the delivery.

(c) The pitcher shall not be considered in pitching position unless the catcher is in position to receive the pitch.

(d) The pitcher may not take the pitching position on or near the pitcher's plate without having the ball in his possession.

Sec. 2. The pitch starts when one hand is taken off the ball. In the act of delivering the ball, the pitcher shall not take more than one step which must be forward, toward the batter and simultaneous with the delivery of the ball to the batter.

Sec. 3. A legal delivery shall be a ball which is delivered to the batter with an underhand motion.

(a) The release of the ball and the follow through of the hand and wrist must be forward past the straight line of the body.

(b) The hand shall be below the hip and the wrist not farther from the body than the elbow.

(c) The pitch is completed with a step toward the batter.

(d) The catcher must be within the lines of the catcher's box when the pitch is delivered.

Sec. 4. The pitcher may use any wind-up desired provided:

(a) He does not make any motion to pitch without immediately delivering the ball to the batter.

(b) He does not use a rocker action in which, after having the ball in both hands in pitching position he removes one hand from the ball, takes a backward and forward swing and returns the ball to both hands in front of the body.

(c) He does not use a wind-up in which there is a stop or reversal of the forward motion.

(d) He does not make more than one revolution of the arm.

in the wind-mill pitch. A pitcher may drop his arm to the side and to the rear before starting the wind-mill motion.

(e) He does not continue to wind-up after taking the forward step which is simultaneous with the release of the ball.

Sec. 5. The pitcher shall not deliberately drop, roll, or bounce the ball while in pitching position in order to prevent the batter from striking it.

Sec. 6. The pitcher shall not at any time during the game be allowed to use tape or other substance upon the ball, the pitching hand or fingers. Under the supervision and control of the umpire powdered rosin may be used to dry the hands.

Effect. Any infraction of Sections 1-6 is an illegal pitch. The ball is dead. A ball is called on the batter. Baserunners are entitled to advance one base without liability to be put out.

Sec. 7. No pitch shall be declared when :

(a) The pitcher pitches during a suspension of play.

(b) The pitcher attempts a quick return of the ball before the batter has taken position or is off balance as the result of a previous pitch.

(c) The runner is called out for leaving the base too soon.

Effect. The ball is dead and all subsequent action on pitch is cancelled.

Sec. 8. At the beginning of each inning or when a pitcher relieves another, play shall be suspended. Changing over of pitcher shall not take more than one minute. He can deliver five balls to team mates.

RULE SEVEN—BATTING

Sec. 1. The batter shall take his position within the lines of the batter's box.

(a) The batter shall not have either one or both feet touching batter-box lines or the ground outside the lines of the batter's box when the ball is hit.

(b) The batter shall not step directly across in front of the catcher to the other batter's box while the pitcher is in position ready to pitch.

Effect. Sec. 1, a-b. The ball is dead, the batter is out, and baserunners may not advance.

(c) The batter must take his position within one minute after the umpire has called next batter up.

Effect. The ball is in play, the batter is out, and baserunners may advance with liability to be put out.

Sec. 2. Each player of the side at bat shall become a batter in the order in which his name appears on the score-sheet.

(a) The batting order of each team must be on the score-sheet and must be delivered before the game by the manager or captain to the plate umpire. He shall submit it to the scorer.

Effect. The umpire may declare a forfeit,

(b) The batting order delivered to the umpire must be followed throughout the game unless a player is substituted for another. When this occurs the substitute must take the place of the removed player in the batting order.

(c) The first batter in each inning shall be the batter whose name follows that of the last player who completed a turn at bat in the preceding inning.

Effect. Sec 2, b-c. Batting out of order is an appeal play.

(1) *If the error is discovered while the incorrect batter is at bat, the correct batter may take his place, assume any balls and strikes, and any runs scored or bases run while the incorrect batter was at bat shall be legal.*

(2) *If the error is discovered after the incorrect batter has completed his turn at bat and before there has been a pitch to another batter, the player who should have batted is out. Any runs scored are cancelled and baserunners must return to the bases occupied when the incorrect batter took his position in the batter's box. The next batter is the player whose name follows that of the player called out for failing to bat. If the batter declared out under these circumstances is the third out, the correct batter in the next inning shall be the player who would have come to bat had the players been put out by ordinary play.*

(3) *If the error is discovered after the first pitch to the next batter, the term at bat of the incorrect batter is legal.*

all runs scored and bases run are legal, and the next batter in order shall be the one whose name follows that of the incorrect batter. No one is called out for failure to bat. Players who have not batted and who have not been called out have lost their turn at bat until reached again in the regular order.

(d) When the third out in an inning is made before he has completed his turn at bat he shall be the first batter in the next inning.

Sec. 3. The batter shall not hinder the catcher from fielding or throwing the ball by stepping out of the batter's box, or intentionally hinder the catcher while standing within the batter's box.

Effect. The ball is dead and baserunners must return to the last base that in the judgement of the umpire was touched at the time of the interference. The batter is out except :

- (1) If a baserunner attempting to steal is put out, the batter is not out.
- 2) With less than two outs and a runner on third base and the batter interferes with a play being made at home plate, the batter is not out because the runner is out.

Sec. 4. Members of the team at bat shall not interfere with a player attempting to field a foul fly ball.

Effect. The ball is dead, the batter is out, and baserunners must return to the base legally held at the time of the pitch.

Sec. 5. The batter shall not intentionally strike, or bunt the ball a second time, strike it with a thrown bat, or deflect its course in any way while running to first base.

Effect. The ball is dead, the batter is out, and baserunners may not advance.

Sec. 6. A strike is called by the umpire :

(a) For each legally pitched ball entering the strike zone before touching the ground and at which the batter swung the bat or not.

Effect. The ball is in play and baserunners may advance with inability to be put out. The batter is out if :

- (1) The catcher does not drop the third strike.
- (2) First base is occupied with less than two out.

(b) For each foul tip held by the catcher while in the catcher's box.

Effect. The ball is in play and baserunners may advance with liability to be put out. The batter is out if it is the third strike.

(c) For each foul ball not legally caught on the fly when the batter has less than two strikes.

(d) For each pitched ball struck at and missed which touches any part of the batter.

(e) When any part of the batter's person is hit with his own batted ball when he is in the batter's box in foul territory, and with less than two strikes.

Effect. See c-d-e. The ball is dead and baserunners must return to their bases without liability to be put out.

Sec. 7. A ball is called by the umpire :

(a) For each pitched ball which does not enter the strike zone or touches the ground before reaching home plate and which is not struck at by the batter.

Effect. The ball is in play and baserunners are entitled to advance with liability to be put out.

(b) For each illegally pitched ball.

Effect. The ball is dead and baserunners are entitled to advance one base without liability to be put out.

Sec. 8. A fair ball is a legally batted ball which :

(a) Settles or is touched on fair ground between home and first base or between home and third base.

(b) Is on or over fair ground when bounding past the infield.

(c) Touches first, second, or third base.

(d) While on or over fair ground touches the person or clothing of an umpire or player.

(e) First falls on fair ground beyond first or third base. A fair fly must be judged according to the relative position of the ball and the foul line regardless of whether the fielder is on fair or foul ground at the time he catches the ball.

Effect. Sec. 8, a-e : The ball is in play and baserunners are entitled to advance any number of bases with liability to be put out. The batter becomes a baserunner unless the infield fly rule applies.

(f) While on or over fair ground lands behind a fence or into a stand at a distance more than 200 feet from home plate. This is considered a home run. If the distance is less than 200 from home plate it is a two-base hit.

Sec. 9. A foul ball is a legally batted ball which .

(a) Settles on foul ground between home and first base or between home and third base.

(b) Bounds past first or third base on or over foul ground.

(c) First touches on foul ground beyond first or third base.

(d) While on or over foul ground touches the person or clothing of an umpire, player, or other obstructions.

Effect. Sec. 9, a-b : (1) The ball is dead unless it is a legally caught foul fly. If a foul fly is caught the batter is out. (2) A strike is called on the batter unless he already had two strikes. (3) Baserunners must return to their bases without liability to be put out unless a foul fly is caught. In this case, the baserunner may advance with liability to be put out after the ball has been touched.

Sec. 10. A foul tip is a foul ball which goes directly from the bat, not higher than the batter's head, to the catcher's hand and is legally caught.

Effect. A strike is called, the ball remains in play and baserunners may advance with liability to be put out.

Sec. 11. A bunt is a legally batted ball not swung at but intentionally met with the bat and tapped slowly within the infield.

Effect. (1) The ball is in play, the batter becomes a baserunner and baserunners may advance with liability to be put out. (2) If the ball is bunted foul on the third strike the batter is out and baserunners may not advance.

Sec. 12. The batter is out under the following circumstances :

(a) When the third strike is caught by the catcher.

(b) When he has three strikes if there are less than two outs and first base is occupied.

(c) When the third strike is struck at and missed and touches any part of the batter.

(d) When he bunts foul after the second strike.

(e) When a foul ball is legally caught.

(f) Immediately when he hits an infield fly with baserunners on first and second or on first, second and third bases with less than two out (This is called the infield fly rule).

(g) Batter is out if fielder intentionally drops a fair fly or line drive with first, first and second, first and third, or first second, and third bases occupied before two are out. Runners need not retouch and may advance at their own risk.

Note. A trapped ball shall not be considered as having been intentionally dropped.

(h) Batter is out if a preceding runner shall, in the umpire's judgement intentionally interfere with a fielder who is attempting to catch a thrown ball or to throw a ball in an attempt to complete the play. The runner shall also be called out and interference called.

RULE EIGHT —BASERUNNING

Sec. 1. The baserunners must touch bases in legal order, i.e., first, second, third base and home plate.

(a) When a baserunner returns while the ball is in play, he must touch the bases in reverse order.

Effect. The ball is in play and baserunners must return with liability to be put out.

(b) When a baserunner acquires the right to a base by touching it before being put out he is entitled to hold the base until he legally touched the next base in order or is forced to vacate it for a succeeding baserunner.

(c) When a baserunner dislodges a base from its proper position neither he nor succeeding runners in the same series of plays are compelled to follow a base unreasonably out of position.

Effect. Sec. 1, b-c. The ball is in play and baserunners may advance with liability to be put out.

(d) A baserunner shall not run bases in reverse order either to confuse the fielders or to make a travesty of the game.

Effect. The ball is dead and the baserunner is out.

(e) Two baserunners may not occupy the same base simultaneously.

Effect. The runner who first legally occupied the base shall

be entitled to it; the other baserunner may be put out by being touched with the ball.

(f) The failure of a preceding runner to touch a base and who is declared out does not affect the status of a succeeding baserunner who touches bases in proper order. However, if the failure to touch a base in regular order is the third out of the inning, no run may be scored.

Sec. 2 The batter becomes a baserunner:

(a) As soon as he hits a fair ball.

(b) The catcher fails to catch the third strike before the ball touches the ground when there are less than two outs and first base is unoccupied or anytime there are two outs. This is called the third strike.

(c) When a fair ball strikes the person or clothing of an umpire on foul ground.

Effect. Sec. 2, a-c. The ball is in play and the batter becomes a baserunner with liability to be put.

(d) When four balls have been called by the umpire.

Effect. The ball is in play unless it has been blocked or obstructed. The batter is entitled to one base without liability to be put out.

(e) When the catcher interferes with or prevents him from striking at a pitched ball.

Effect. The ball is dead and the batter is entitled to one base without liability to be put out.

(f) When a fair ball strikes the person or clothing of the umpire or a baserunner on fair ground.

Effect. (1) If the ball hits the umpire or baserunner after passing a fielder other than the pitcher or touched by infielder including the pitcher, ball is in play.

(2) If the ball hits the umpire or baserunner before passing a fielder, the ball is dead and the batter is entitled to first base without liability to be put out.

(g) When a pitched ball does not strike and touches batter or his clothing while he is in the batter's box. It does not matter if the ball strikes the ground before hitting him.

Effect. The ball is dead and the batter is entitled to one base without liability to be put out unless he made no effort to.

avoid being hit. In this case, the umpire calls either a ball or a strike.

Sec. 3. Baserunners are entitled to advance with liability to be put out under the following circumstances :

- (a) When the ball leave the pitcher's hand on a pitch.
- (b) When the ball is overthrown into fair or foul territory and is not blocked.
- (c) When the ball is batted into fair territory and is not blocked.

(d) If the ball slip from the pitcher's hand during his wind-up or during the backswing. The ball will be in play and the runners may advance at their own risk.

Sec. 4. A player forfeits his exemption from liability to get put out :

(a) If while the ball in is play he fails to touch the base to which he was entitled before attempting to make the next base. If the runner put out is batter-baserunner at first base or any other baserunner, forced to advance because the batter becomes a baserunner, this out is a force-out.

(b) If after over-running first base, the batter-baserunner attempt to continue to second base.

(c) If after dislodging the base, the batter-baserunner tries to continue to the next base.

Sec. 5. Baserunners are entitled to advance without liability to be put out :

(a) When forced to vacate a base because the batter was awarded a base on balls.

Effect. Sec. 5, a. The ball remains in play unless it is blocked or obstructed. Baserunner affected is entitled to one base and may advance further at his own risk if the ball is in play.

(b) When a fielder obstructs the baserunner from touching base unless the fielder is trying to field a batted ball or has the ball ready to touch the baserunner.

Effect. Sec. 5, b. All the runners shall be permitted to advance without liability to be put out, to the bases which, in the umpire's judgement the runners would have reached had the fielder not obstructed the runner. The ball is dead.

(c) When a wild pitch or passed ball goes under, over, through or lodges in the backstop.

(d) When forced to vacate a base because the batter was awarded a base:

(1) For being hit by a pitched ball.

(2) For being interfered with by the catcher when striking at a pitched ball.

Effect. The ball is dead and baserunners may not advance further than the base to which they are entitled.

(e) When a pitcher makes an illegal pitch.

(f) When a pitched ball goes over, under, or through the backstop.

Effect. Sec. 5, e.f. The ball is dead and baserunners may advance to the base to which they are entitled without liability to be put out.

(g) *When a fielder contacts or catches a batted or thrown ball with his cap, glove or any part of his uniform while it is detached from its proper place.*

Effect. The baserunners shall be entitled to three bases if a batted ball, or two bases, if a thrown ball, and in either case the baserunners may advance further at their own risk. If the illegal catch or touch is made on a fair hit ball which in the opinion of the umpire's judgement would have cleared the field fence in flight, the runner shall be awarded a home run.

(h) When the ball is in play and is overthrown into foul territory at first or third bases or home plate and is obstructed or blocked.

Effect. The ball is dead and the baserunner being played upon is entitled to advance one base beyond the one he is trying to reach. All other baserunners are entitled to the same number of bases as the baserunner being played.

Sec. 6. The baserunner's advance is limited:

(a) When a fair-batted fly ball goes over the fence or into the stand it shall entitle the batter to a home run unless it passes out of the grounds or into a stand at a distance less than 200 feet from the home base, in which case the batter shall be entitled to two bases only. The batter must touch the bases in regular order. The point at which the fence or stand is less

than 200 feet from the home base shall be plainly indicated for the umpire's guidance.

(b) When a fair ball bounds or rolls into a stand, over, under, or through a fence or other obstruction marking the boundaries of the playing field.

Effect. Sec. 6, a-b. The ball is dead and baserunners are awarded two bases.

(c) When a thrown or pitched ball strikes the umpire or his clothing.

Effect. The ball is in play and baserunners are entitled to not more than one base with liability to be put out.

Sec. 7. A baserunner must return to his base under the following circumstances:

(a) When a foul ball is illegally caught and is so declared by the umpire.

(b) When an illegally batted ball is declared by the umpire.

(c) When a batter or baserunner is called out for interference. Other baserunners shall return to the last base which was, in the judgement of the umpire, legally touched by him at the time of interference.

(d) When there is interference by the plate umpire or his clothing with the catcher's attempt to throw.

(e) When any part of the batter is touched by a pitched ball swung at and missed.

(f) When an umpire is struck by a fair ball before it is touched by a fielder.

(g) When a batter is hit by a pitched ball.

Effect. Sec. 7, a-g. (1) The ball is dead. (2) The baserunners must return to base without liability to be put out except when forced to go to the next base because the batter becomes a baserunner. (3) No runs shall be scored unless all bases are occupied. (4) Baserunners need not touch the intervening bases returning to base but must return promptly. (5) However, they must be allowed sufficient time to return.

Sec. 8. Batter-baserunners are out under the following circumstances:

(a) When the catcher drops the third strike and he is

legally touched with the ball by a fielder before touching first base.

(b) When the catcher drops the third strike and the ball is held on first base before the batter-baserunner reaches first base.

(c) When after a fair ball is hit, he is legally touched with the ball before he touches first base.

(d) When after a fair ball, the ball is held by a fielder touching first base before the batter-baserunner touch first base.

(e) When after a fly ball, the ball is caught by a fielder before it touches the ground or any object other than a fielder.

Effect. Sec. 8, a-e. The ball is in play and the batter-baserunner is out.

(f) When he runs outside the three-foot line and in the opinion of the umpire interferes with the fielder taking the throw at first base. However he may run outside the three-foot line to avoid a fielder attempting to field a batted ball.

Effect. The ball is dead and the batter-baserunner is out.

Sec. 9. The baserunner is out:

(a) When running to any base, he runs more than three feet away from a direct line between a base and the next one in regular or reverse order to avoid being touched by the ball in the hand of a fielder.

(b) When, while the ball is in play, he is legally touched with the ball in the hand of a fielder while not in contact with a base.

(c) When on a force-out a fielder holds the ball on the base to which the baserunner is forced to advance before the runner reaches that base.

(d) When the umpire calls the baserunner out for failure to return to touch the base when play is resumed after a suspension of play.

(e) When a baserunner passes a preceding baserunner before that runner has been put out.

Effect. Sec. 9, a-e. The ball is in play and the baserunner is out.

(f) When the baserunner leaves his base to advance to another base before a fly ball has been caught, providing the ball is returned to a fielder and legally held on that base or legally touches the baserunner before the runner can return.

(g) When the baserunner fails to touch the intervening base or bases in regular or reverse order and the ball is in play and legally held on that base, or the baserunner is legally touched while off base.

(h) When the baserunner legally overruns first base, attempts to run to second base before returning to first and is legally touched while off base.

Effect. Sec. 9, f-g-h. (1) These are appeal plays and the defensive team loses the privilege of putting the baserunner out if the appeal is not made before the next pitch.

(2) The ball is in play and the baserunner is out.

(3) Any runs scored shall count unless this is the third out of the inning and a force-out.

(i) When the baserunner interferes or obstructs a fielder attempting to field a batted ball or intentionally interferes with a thrown ball. If this interference, in the judgement of the umpire, is an obvious attempt to prevent a double play, the immediate succeeding runner shall also be called out.

(j) When a baserunner is struck with a fair ball while off base and before it touches or passes a fielder.

(k) When a return intentionally kicks a ball which an infilder has missed.

(l) When, with a baserunner on third base, the batter interferes with a play being made at home plate with less than two outs.

(m) When in the judgement of the umpire, the coach touches or holds the runner physically to assist him to return or to leave a base.

(n) When the coach near third base runs in the direction of home plate on or near the baseline while a fielder is attempting to make a play on a batted or thrown ball and thereby draws a throw to home plate. The baserunner nearest to third base shall be declared out.

(o) When one or more members of the offensive team stand and collect at or around a base to which a baserunner is advan-

cing thereby confusing the fielders and adding to the difficulty of making the play.

(p) When a baserunner runs the base in reverse order.

(q) If coach intentionally interferes with thrown ball.

Effect. Sec. 9, i-q. The ball is dead and the baserunner is out. No bases may be run unless necessitated by the batter becoming a baserunner.

(r) **When the baserunner fails to keep contact with the base** to which he is entitled, until a legally pitched ball has been released. When a baserunner is legitimately off his base, i.e.; movement off base after a pitch, or an attempt to stretch a hit, it becomes the duty of the pitcher to play him back, or allow him sufficient time to return. If the pitcher does not comply with this obligation, said baserunner may advance legally and not be called out for being off his base. After the baserunner has returned to his base he cannot move off the base until the next pitched ball is released. If he moves off his base after being played back or returning to base he is to be called out, even if the pitcher is standing off the pitcher's plate.

Effect. The ball is dead, no pitch is declared and the baserunner is out.

Sec. 10. Baserunners are not out under the following circumstances:

(a) When a baserunner runs behind the fielder and outside the baselines in order to avoid interfering with a fielder attempting to field the ball in the base path.

(b) When a baserunner does not run in a direct line to the base providing the fielder in the direct line does not have the ball in his possession.

(c) When more than one fielder attempts to field a batted ball and the baserunner comes in contact with the one who, in the umpire's judgement, was not entitled to field the ball.

(d) When a baserunner is hit with a fair ball that has passed through an infilder and in the umpire's judgement no other fielder had a chance to play the ball.

(e) When a baserunner is touched with a ball not securely held by a fielder.

(f) When the defensive team does not request the umpire's decision on an appeal play until after the next pitch.

(g) When the baserunner overruns first base after touching it and returns directly to the base.

(h) When the baserunner is not given sufficient time to return to a base, he shall not be called out for being off base before the pitcher releases the ball. He may advance as though he had left the base legally.

(i) A runner who has started to advance cannot be stopped by the pitcher receiving the ball while on the pitching plate nor by stepping on the plate with the ball in his possession.

(j) When a baserunner holds his base until a fly ball touches a fielder and then attempts to advance.

(k) When a baserunner slides into a base and dislodges it from its proper position, the base is considered to have followed the runner.

Effect. A baserunner having made such a base safely shall not be out for being off that base. He may return to that base without liability to be put out when the base has been replaced. A runner forfeits this exemption if he attempts to advance beyond the dislodged base before it is again in proper position.

RULE NINE—BALL DEAD—BALL IN PLAY

Sec. 1. The ball is dead and not in play in the following circumstances:

(a) When the ball is batted illegally.

(b) When the batter steps from one box to another while the pitcher is ready to pitch.

(c) When a ball is pitched illegally.

(d) When 'No Pitch' is declared.

(e) When a pitched ball touches any part of the batter or clothing while the batter is standing in the batter's box whether the ball is struck at or not.

(f) When a foul ball is not caught.

(g) When a baserunner is called out for leaving the base too soon on a pitched ball.

(h) When the offensive team causes an interference:

(1) When a batter intentionally strikes the ball second time, strikes it with a thrown bat, or deflects its course in any way while running to first base;

(2) When an overthrow is touched intentionally by the coach or his clothing.

- (3) When a fair ball strikes a baserunner while off base or umpire before touching or passing a fielder.
- (4) When the batter interferes with the catcher.
- (5) When the offensive team interferes with the defensive team.
- (6) When a runner intentionally kicks a ball which a fielder has missed.
- (7) When with a baserunner on third base, the batter interferes with the play being made at home plate with less than two outs.
- (i) When a block ball is declared.
- (j) When a wild pitch or passed ball goes under, over or through the backstop.
- (k) When an overthrow touches any obstruction or person within 25 feet of the foul lines.
- (l) The ball shall not be playable outside the established limits of the playing field.
- (m) When time is called.
- (n) When a fielder interferes with a baserunner.
- (o) When any part of the batter is hit with his own batted ball while he is in the batter's box and with less than two strikes.
- (p) When a baserunner runs bases in reverse order either to confuse the fielders or to make a travesty of the game.
- (q) When there is interference by the plate umpire or his clothing with the catcher's attempt to throw.
- (r) When a batter is hit by a pitched ball.
- (s) When in the judgement of the umpire, the coach touches or helps the runner physically to assist him to return or to leave a base or when the coach near the third base runs in the direction of home plate on or near the base line while the fielder is attempting to make a play on a batted or thrown ball and thereby draws a throw to homeplate.
- (t) When one or more members of the offensive team stand or collect at or around a base to which a baserunner is advancing thereby confusing the fielders and adding to the difficulty of making the play.
- (u) When baserunner fails to keep contact with the base to

which he is entitled, until a legally pitched ball has been released.

Sec. 2. The ball is in play in the following circumstances :

(a) When a ball has been called on the batter and when four balls have been called but the batter may not be put out before he reaches first base.

(b) When a strike has been called on the batter and when three strikes have been called on the batter.

(c) When a fly ball or a foul tip has been legally caught.

(d) When the infield fly rule is enforced.

(e) When a thrown or pitched ball goes into foul territory and is neither blocked nor obstructed.

(f) When a thrown or pitched ball strikes an umpire.

(g) When a thrown ball goes behind a fielder and remains in fair territory.

(h) When a fair ball strikes an umpire or baserunner on fair ground after passing or touching a fielder.

(i) When a fair ball strikes an umpire on foul ground.

(j) When the baserunners have reached the bases to which they are entitled when the fielder illegally fields a batted or thrown ball.

(k) When a baserunner is called out for passing a preceding runner.

(l) When a fair ball is legally batted.

(m) When a baserunner is forced to return in reverse order while the ball is in play.

(n) When a baserunner acquires the right to a base by touching it before being put out.

(o) When a base is dislodged while baserunners are progressing around the bases.

(p) When a baserunner runs more than three feet from a direct line between a base and the next one in regular or reverse order to avoid being touched by the ball in the hand of a fielder.

(q) When the baserunner is tagged or forced out.

(r) When the umpire calls the baserunner out for failure to return to touch the base when play is resumed after suspension of play.

(s) When an appeal play is enforced and involved.

RULES FOR SWIMMING

SWIMMING

The following rules shall govern all competitions held at the Olympic Games and all open International Competitions.

OFFICIALS

Rule 1 (a) The Organizing Committee appointed by the promoting authority shall have jurisdiction over all matters not assigned by the Rules to the Referee, judges or other officials and shall have power to postpone events and give directions consistent with rules as to the method to be adopted for contesting any event.

(b) At the Olympic Games approved electronic judging and timing equipment must be provided and used. The operation of this equipment shall be under the supervision of appointed officials. Times recorded by electronic equipment shall be used to determine the winner, all placings and the time applicable to each lane. The placings and times so determined shall have precedence over the decisions of human judges and time keepers. In the event that a break-down of the electronic equipment occurs or that it is clearly indicated that there has been a failure of the equipment, or that a swimmer has failed to activate the equipment, the decisions of the human judges and recordings of the human time keepers shall be official.

When electronic equipment, timing to 1/100 sec. is used, the results shall be recorded as registered. When timing to 1/1000 sec. is used, the third digit shall not be recorded or used except to determine placement.

e.g. 58.199 = 58.19

For manual timing with watches to 1/10 sec., see Rule 70 h.

In all timing of swimming events any device that is terminated by an official, shall be considered as a watch.

(c) The governing body is required to appoint, subject to the approval of the FINA Bureau or the respective Regional or International Authorities, the following officials, for the control of all competitions at Olympic Games, World Championships, Regional Games and important International fixtures.

A minimum of:

Referee—1

Starter—1

Chief Timekeeper—1

Timekeepers—3 per lane

Chief Judge—1

Finishing Judges—3 per lane

Inspector of Turns—1 per lane at both ends

Judges of Strokes—2

Announcer—1

Recorder—1

Clerk of Course—1

For all other competitions there shall be at least:

Referee—1

Starter—1

Timekeeper—1 per lane

Finishing judges—1 per lane

Inspector of Turns and Strokes—1 for every 2 lanes

Recorder—1.

(d) Duties and Powers of officials

Referee—shall:

(i) have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. He shall enforce all the rules and decisions of the FINA and shall decide all questions relating to the actual conduct of the meeting, the event or competition, the final settlement of which is not otherwise covered by the rules,

(ii) have authority to intervene in the competition at any stage to ensure that the FINA regulations are observed,

(iii) adjudicate on all protests related to the competition in progress,

(iv) give a decision in cases where the judges' decision and the times recorded do not agree. The recordings of the electronic timing equipment, if available and operating shall be used as stated in Rule I(B),

(v) ensure that all necessary officials for the conduct of the event or competition are at their respective posts. He may appoint substitutes for any who are absent, incapable of acting

or found to be inefficient. He may appoint additional officials if considered necessary. He shall assign the judges of strokes.

(vi) signal the Starter immediately before the commencement of an event when all officials are in position and alerted,

(vii) disqualify any competitor for any violation of the rules that he personally observes or which is reported to him by other authorized officials,

(viii) have authority to use any electronic mechanical judging and/or timing devices officially approved by the FINA.

Starter—shall:

(i) have full control of the competitors from the time the Referee turns the competitors over to him until the race has commenced,

(ii), with the concurrence of the Referee to disqualify competitors for delaying the start, or for wilfully disobeying an order or for any other misconduct taking place at the start,

(iii) have absolute power to decide whether the start is fair, subject only to the decision of the Referee,

(iv) have power to recall the competitors at any time after the signal to start has been given,

(v) take up a position when starting an event, on the side of the pool, within approximately five meters of the starting edge of the pool where the timekeepers can see the starting signal and the competitors can hear the signal.

N.B. Before starting an event the starter must receive a signal from the Referee that all competitors and officials are in their positions, and are prepared for the start.

Chief Timekeeper—shall:

(i) assign the seating positions for all timekeepers and the lanes for which they are responsible,

(ii) assign three (3) timekeepers for each lane. There shall be two (2) additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time,

(iii) collect from each Timekeeper a card showing the time recorded and, if necessary, inspect their watches,

(iv) record or examine the official time on the card for each lane

Timekeeper—shall:

(i) take the time of the competitor in the lane assigned to him. The watches shall be certified correct to the satisfaction of the Committee of Management of the Meeting,

(ii) start their watches at the starting signal, and shall stop their watches when the competitor has completed the race in accordance with relevant rules,

(iii) promptly after each race, record the time of his watch on the time card and turn it over to the Chief Timekeeper, and if requested, present his watch for inspection. He shall not clear his watch until he receives the "clear watches" signal from the Chief Timekeeper or Referee.

N.B. When electronic starting and time equipment is used, it will be necessary to use the some complement of hand timers as is indicated in para (ii) under Chief Timekeeper.

Chief Judge—shall:

(i) assign each judge his position and the placing to be determined,

(ii) assign officials to serve as Inspectors of Turns at the finish end of the pool and to observe the take-off of relay team members,

In relay events, determine whether the starting competitor is in contact with the mark when the preceding swimmer touches the starting wall,

(iii) assign or approve inspectors of turns at the starting and turning end of the pool,

(iv) collect after the race, signed result sheets from each judge and establish the result and placings which shall be sent directly to the Referee,

(v) when electronic timing equipment is not being used, the Chief Judge shall have the right to vote as one of the judges.

Finish Judges—shall:

(i) be positioned in elevated stands in line with the finish where they have in all events and at all times a clear view of the course and the finish line,

(ii) after each event decide and report the placing of the competitors according to the assignment given to him,

(iii) serve as Inspector of Turns if so directed, and observe the take-offs in relay events. The assigned judges will take

their positions at the finishing end of the lane to which they were assigned.

(iv) When Video tape is available on relay changes, this may be consulted by the referee.

N.B. Finish judges shall not act as Timekeepers in the same event.

Determination of the Times and Placings:

(i) if two of the three watches record the same time and the third disagrees, the two similar times, shall be the official time,

(ii) if all three watches disagree, the watch recording the intermediate time shall be the official time,

(iii) if the time registered by the Timekeepers does not agree with the decision of the Finish Judges and where the time of a swimmer placed second is better, the swimmer placed first and the second shall be credited with the times calculated on the average of the actual times recorded for both the first and second places. The same principle is to apply to all placings. It is not permissible to announce times which do not support the classifications made by the Finish Judges.

N.B. Attention is directed to the provisions in Rule 1(B), relating to the use of automatic timing equipment.

Inspectors of Turns:

Inspectors of Turns shall be assigned by the Chief Judge to each lane at each end of the pool. (Rule (i) and (ii) Chief Judge).

Their duties shall be:

(i) to ensure that when turning, competitors comply with the relevant rules,

(ii) to record the number of laps completed by each competitor and keep him informed of the remaining laps to be completed by displaying, for the observation of the competitors, at the turning end of the pool "lap cards" bearing numbers,

(iii) to determine, in relay events, whether the starting competitor is in contact with the starting block when the preceding competitor touches the starting wall,

(iv) to report any infringements to the Chief Judge who conveys the report to the referee,

(v) To give out a warning signal when each swimmer has two lengths plus 5 metres to swim to the finish in events of 400 metres or longer, except for relay or medley events. The warning signal may be by pistol shot, whistle or bell.

Judges of Strokes

Judges of Strokes shall be assigned by the Referee. One on each side of the pool

They shall:

- (i) operate on both sides of the pool,
- (ii) ensure that the rules related to the style of swimming designated for the event are being observed,
- (iii) report any violation to the Referee on signed cards detailing the event, lane number, the competitor's name and the infringement.

THE START

Rule 2. (i) The start in Free Style, Breast and Butterfly races shall be with a dive.

On a signal from the referee the competitors shall step on to the back surface of the starting block and remain there. On the preparatory command from the starter "take your marks" they shall immediately take up a starting block. When all competitors are stationary, the starter shall give the starting signal (shot, whistle, or command).

(ii) The start in Back stroke swimming shall be as stated in Rule 87. (Back stroke and Medley relay races).

(iii) The starter shall call back the competitors at the first or second false start, and remind them of net starting before the starting signal. Such false start, if repeated in the same heat (no matter if by the same or another swimmer), shall disqualify.

SEEDING OF HEATS AND FINALS

Rule 3. In the Olympic Games, World Championships and Regional Games, the starting stations for all events, heats, semi-finals and finals shall be by seeding as follows :

(i) Trial Heat

(a) The best competitive times of all entrants shall be submitted on entry forms, and listed in order of times by the meet committee. Contestants who do not submit times shall be considered the slowest and shall be placed at the end of the list. If there is more than one such entry, their placing shall be determined by draw.

- (b) The fastest swimmer or team, shall be placed in the last heat, the next fastest in the next to the last heat and so on, following which the second swimmer in each heat will be assigned in the same ascending order, beginning with the last heat and rising to the first heat, and thereafter until all swimmers are assigned.
- (c) Assignment to lanes shall be, (number 1 lane being on the right side of the pool when facing the course from the starting end) by placing the fastest swimmer or team in the centre lane in pools with an odd number of lane or in lane 3 or 4 respectively in pools having 6 or 8 lanes.

The swimmer having the next fastest time is to be placed on his left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane position by draw within the aforesaid pattern.

(ii) Final

Where no preliminary heats are necessary, lanes shall be assigned in accordance with (i)c above.

Where preliminary heats have been held, lanes shall be assigned in accordance with (i)c above based, however, on times established in such heats.

(iii) In swimming competitions other than those specified in Rule 62 introductory para, the draw system may be used for assigning lane positions.

THE POOL

Rule 4. Specifications for pools for the conduct of Olympic Games and World Championships and Regional Games.

(1) Length—50.00 metres.

50.01 metres when touch panels of electronic timing apparatus are removable.

50.00 metres when touch panels are built in permanently.

(2) Dimensional tolerances.

Against the nominal length of 50.00 metres, a tolerance of plus 0.03 metres; 0.3M. above and 0.8M. below the surface of the water. This applies to both end walls at all points.

These measurements should be certified correct by a surveyor

or other qualified official appointed or approved by the governing body of the Country.

- (3) Width—21.0 metres (minimum).
- (4) Depth: 1.8M. over all for Olympic Games
- (5) Walls
- (a) Shall be parallel and vertical.

End walls shall form right angles with the surface of the water, and shall be constructed of solid material, with a non slip surface, extending 0.8M. below the water surface, so as to enable the competitor to touch and push off in turning without hazard.

- (b) Electronic touch panels must not exceed 0.01M. in thickness over the entire area, covering the whole finish wall of each lane, extending 0.3M above and 0.8M. below the water surface.

The electronic equipment for each lane must be connected independently, so that they may be controlled individually. The surface of the touch panels must be of a bright colour and must bear the line markings approved for the end walls.

- (c) Rest ledges along the pool walls are permitted; they must be not less than 1.2M. below the water surface, and may be 0.1 to 0.15M. wide.
- (d) Gutters—may be placed on all four walls of the pool. End wall gutters if installed must allow for attachment of touch panels to the required 0.3M. above the water surface. They must be covered with a suitable grill or screen.

Gutters should be equipped with adjustable shut-off valves, so that the water may be kept at a constant level.

- (6) Number of lanes—8.

(7) Width of lanes—2.5M. each, with 2 spaces each of 50 cm. (0.5M.) width outside of lanes 1 and 8. There must be a lane rope separating these spaces from lanes 1 and 8 respectively.

(8) Lane Ropes—shall extend the full length of the course, secured at each end wall to anchor brackets recessed into the end walls. Each lane rope will consist of floats placed end to end having a diameter of 0.05M. to 0.10M.

The colour of the floats extending for a distance of 5.0M.

from each end of the pool shall be distinct from the rest of the floats.

(9) Starting Platforms—The height of the platform above the water surface may be from 0.5M. to 0.75M.

The surface area—minimum 0.5M X 0.5M.

Surface to be covered with non slip material.

Maximum slope—not more than 10 degrees.

Handgrips for backstroke starts—must be placed within 0.3M. to 0.6M. above the water surface horizontally and vertically. They must be parallel to the surface of the end wall and must not protrude beyond the end wall.

Numbering—Each starting block must be distinctly numbered on all 4 sides, clearly visible to the judges, No. 1. being on the right hand side when facing down the course (pool).

(10) Back stroke turn indicators—Flagged ropes suspended across the pool 1.8M. above the water surface from fixed supports or stands, shall be set 5.0M. from each end wall.

(11) False Start Rope—shall be suspended across the pool from fixed standards placed 15.0M. in front of the starting end. It shall be attached to the standards by a quick release mechanism.

(12) Water—Temperature : +24 Centigrade. Minimum.
+77 Fahrenheit. Minimum.

Level—During competition the water in the pool must be kept at a constant level, with no appreciable movement.

NOTE : In order to observe health regulations in force in most countries, inflow and outflow of water is permissible as long as no appreciable current or turbulence is created.

(13) Lighting—Light intensity over starting platforms and turning ends must not be less than 100 foot candles.

(14) Lane Markings—Shall be of a dark contrasty colour, placed on the floor of the pool in the centre of each lane.

Width—Min. 0.20 M. : Max. 0.31 M.

Length—46.0 M.

Each lane line shall end 2.0 M. from the end walls of the pool with a distinctive cross line 1.0 M. long and of the same width as the lane line.

The distance between the centre points of each lane line shall be 2.50 M.

Target lines must be placed on the end walls or on the electronic timing pads, in the centre of each lane, of the same width as the lane lines.

They shall extend without interruption from the deck edge (curb), to the floor of the pool. A cross line 0.5M. long shall be placed 0.6M. below the water surface, measured to the centre point of the cross line.

(15) Distance separating swimming pool from diving well—minimum—5.0M.

THE RACE

Rule 5. (a) Obstructing another competitor by swimming across or otherwise interfering shall disqualify the offender and should the foul be intentional, the Referee shall report the matter to the Association promoting the race, and to the Association of the swimmer so offending.

(b) Should a foul endanger the chance of success of a competitor the referee shall have power to allow him to compete in the next round, or, should the foul occur in a final, he may order it to be reswum.

(c) In all events, a swimmer when turning shall make physical contact with the end of the bath or course. The turn must be made from the wall, and it is not permitted to take a stride or a step from the bottom of the bath.

The finish line shall be the unobstructed, clearly definable vertical face of the wall, which shall have no handrails or similar structures.

(d) Standing on the bottom during a race shall not disqualify a competitor, but he shall not walk.

(e) A competitor swimming over the course alone shall cover the whole distance to qualify.

(f) In relay races, the team of a competitor whose feet have lost touch with the starting block before his preceding partner touches the wall shall be disqualified, unless the competitor in default returns to the original starting point at the wall but it shall not be necessary to return to the starting platform.

(g) No competitor shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as wedgedgloves, flippers; fins, etc.).

(h) A swimmer must end the race in the same lane as that in which he started. A breast stroke swimmer will not be disqualified if he submerges below the surface for not more than 1 stroke, for the purpose of returning to his proper lane.

(i) Illegal Pool Entry:

- (a) Any swimmer not entered in a race, who enters the water in which an event is being conducted, before all swimmers therein have completed the race, shall be disqualified from his next scheduled competition in the meet.
- (b) Any relay team member and his relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all competitors of all teams have finished the race.

BREAST STROKE SWIMMING

Rule 6. (a) The body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface.

(b) All movements of the legs and arms shall be simultaneous and in the same horizontal plane without alternating movement.

(c) Hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water.

(d) In the leg kick the feet must be turned outwards in the backward movement. A "dolphin" kick is not permitted.

(e) At the turn, and upon finishing the race, the touch shall be made with both hands simultaneously at the same level, either at, above, or below the water level.

(f) A part of the head shall always be above the general water level, except that at the start and at each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged.

BUTTERFLY STROKE

Rule 7. (a) Both arms must be brought forward together over the water and brought backward simultaneously.

(b) The body must be kept perfectly on the breast and both shoulders in line with the surface of the water from the beginning of the first arm stroke, after the start and on the turn.

(c) All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted.

(d) When touching at the turn or on finishing a race, the touch shall be made with both hands simultaneously on the same level, and with the shoulders in the horizontal position. The touch may be made at, above, or below the water level.

(e) At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface.

BACK STROKE SWIMMING

Rule 8. (a) The competitors shall line up in the water, facing the starting end, with the hands placed on the starting grips. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter, or bending the toes over the lip of the gutter is prohibited.

(b) At the signal for starting and when turning they shall push off and swim upon their backs throughout the race. The hands must not be released before the starting signal has been given.

(c) Any competitor leaving his normal position on the back before the head, foremost hand, or arm has touched the end of the course for the purpose of turning or finishing, shall be disqualified.

Clarification of turn: It is permissible to turn over beyond the vertical after the foremost part of the body has touched, for the purpose of executing the turn, but the swimmer must have returned past the vertical to a position on his back before the feet have left the wall.

FREESTYLE SWIMMING

Rule 9. Freestyle means that in an event so designated the competitor may swim any style; except that in a Medley Relay or individual medley event freestyle means any style other than butterflystroke, breaststroke or backstroke.

In Freestyle turning and finishing the swimmer can touch the wall with any part of his body. A hand touch is not obligatory.

Rule 10. Protest. Any protest or complaint shall be

made in writing to the Referee within 30 minutes of the occurrence.

But if known before the race, such protest must be lodged before the signal to start is given.

All protest shall be considered by the Executive or Committee appointed by the Association of the country in which the race takes place, or if occurring during the Olympic Games and World Championships, by the FINA executive committee. When the officials are recognized or appointed by their Association, no protest or appeal shall be allowed from their decision on question of fouling or placing. The decision on these matters shall be final.

WORLD AMATEUR RECORDS

Rule 11. For world records, the following distances and styles for both sexes shall be recognized.

	Metres
Freestyle.....	100
"	200
"	400
"	800
Breaststroke and Butterflystroke.....	1,500
"	100
Backstroke.....	200
"	100
Individual medley:	
1. Butterflystroke	
2. Backstroke	}
3. Breaststroke	}
4. Freestyle	}
Freestyle relay:.....	4 x 100
Medley relay:.....	4 x 200
1. Backstroke	
2. Breaststroke	
3. Butterflystroke	
4. Freestyle	

The length of the pool shall be : 50 meters

For medley events the term "freestyle" designates any style other than butterfly, back or breast stroke.

(a) Members of relay teams must be of the same nationality.

(b) All records must be made in still water and in a scratch competition, or individual race against time, held in public and announced publicly by advertisement at least three clear days before the race or attempt is to be made.

(c) The measurement of the course must be certified correct by a Surveyor or other qualified official appointed or approved by the Governing body of the country in which it is situated.

(d) The height of the starting platform from the surface of the water shall not exceed 75 cm. (2 ft. 6 in.). The maximum slope of the platform must not be more than 10 degrees.

(e) The swimmer must be clothed as provided for in General Rule No. 56.

(f) The start shall be made with a dive except in backstroke swimming, when the swimmer shall start in the water with both hands resting on the starting grip. (Rule 87 (1)).

(g) No pacemaking shall be permitted, nor may any device be used or plan adopted which has that effect.

TIMING

(i) Electronic—If time is registered with approved electronic equipment, to three decimal places (1/1000) the third digit shall not be recorded or used except to determine placement.

e.g.:— 58. 191 1st place

58. 199 2nd place

(ii) Manual—Any timing device that is terminated by an official shall be considered as a watch. Manual time shall be taken by three time keepers appointed or approved by the governing body of the country concerned. They shall start their watches when the starting signal is given. When the time recorded by two of the time keepers agrees, this shall be the accepted time, but in cases where the time of all three differs, that recorded by the middle watch shall be accepted. The referee or some other responsible official shall inspect the watches used, record the time, and publicly announce it. All watches used shall be certified as accurate to the satisfaction of the governing body concerned. If submitted as a World Record, time registered to one decimal place (1/10) shall have a zero added, i.e. 58.1 = 58.10.

(iii) Records : World Record lists shall be maintained in 1/100 sec. time (2 decimal places). If a world record is timed in 1/10 sec. time and submitted as required (*ii* above), and it is faster than the previous record by 9/100 sec. or less, both shall be listed as joint holders of the record.

Only the time of the winner of a race may be submitted for a World Record.

(i) In relays the first swimmer may apply for a World or National record if he, his coach or manager specifically requests the referee that his performance be especially timed by three timekeepers.

Time recorded by an approved electronic timing device will also be admissible for record consideration.

(i) Applications for records must be made on the official form provided by the FINA and shall be sent to the governing body of the country, concerned within 21 clear days of the performance, who, if satisfied that all the aforesaid regulations have been correctly observed, shall in turn forward the application to the Hon. Sec. of the FINA as soon as possible thereafter or at latest so as to reach him by the following 1st of June or 1st of December. No application shall be entertained which does not comply with this regulations. A performance which apparently lowers the standing world record, shall be provisionally reported, within fourteen days of the date of such performance, to the Hon. Sec. of the Federation by cablegram or by air-mail, and be subsequently confirmed as provided earlier in this rule by the national association passing the record.

(j) Should a World Record be established and a responsible affiliated member has failed to notify the Hon. secretary as stipulated, application can be made in default thereof, by the swimmer's own affiliated member. After due investigation the honorary secretary is authorized to accept such record if the claim is found to be correct.

(k) Times that equal or tie the accepted World Record will also be accepted as a "Joint holder".

(l) If the application for a record is accepted by the FINA, a diploma, signed by the President and the Hon. secretary of FINA, shall be forwarded by the Hon. Secretary, to the swimmer's federation for presentation to him in recognition of his performance.

A fifth World record diploma will be issued to all Federations whose relay teams establish a world record. This certificate is to be retained by the Federation.

(m) The official FINA application form for a World record is reproduced on the next page.

RULES OF DIVING

GENERAL RULES

Rule 1. All diving competitions organized of international games shall be subject to the regulations of the FINA.

Rule 2. The spring boards, the fixed boards and all diving installations shall be in accordance with the present regulations, and shall be examined and approved by the delegate of the FINA previous to the competition.

Rule 3. All diving installations shall be available for use by entered competitors for not less than eight days before the competition.

During a contest day, the diving installation shall be open for training when no contest is in progress.

Rule 4. The order of starting shall be decided by lot.

Rule 5. The drawing by lot shall be in public and the place and time of such drawing shall be stated in the announcements of the competitions.

Rule 6. If the total number of dives to be executed in one diving competition is excessive, the competition shall be divided into several groups of dives so that the number of dives to be executed in any one group shall be not more than 210. The dives of each group shall be executed by all the competitors consecutively and the different groups shall be executed in separate sessions. The results of all the dives shall be collated to find the placings.

The judging panel can postpone a portion of a contest because of adverse weather or unforeseen circumstances. Points scored during that portion of competition, through the latest full round of dives, completed prior to a declaration of postponement, shall be carried forward into the remaining portion of the competition whenever it is held.

Rule 7. Before each dive it shall be announced by the Referee or the official announcer, in the language of the country,

the name of the competitor and the dive which he is about to execute.

The number of the dive to be performed and the manner of execution shall be displayed on an indicator board visible to both divers and judges.

Rule 8. The competitor shall be given sufficient time for the preparation and execution of the dive. The dive to be executed shall not be announced before the diver has assumed his position on the board or platform.

Rule 9. The dive must be executed after a signal given by the referee. If the competitor executes his dive before such signal is given, the referee must decide if the dive should be repeated.

Rule 10. Only such dives as are mentioned in the tables may be executed.

Rule 11. Each competitor must deliver to the Diving Secretary not less than 24 hours before the date of each competition, on an official form written in ink or typewritten, four copies of a complete statement of the dives selected. This list of dives must be presented in the English or French language. If any other language is used, the competitor is obliged to attach a translation in English or French, for the accuracy of which he is entirely responsible in accordance with rule 13. On this form must be stated:

(i) The group, the number and denomination of each dive according to the FINA diving tables.

(ii) The manner of the take-off (running or standing) for Highboard Contests only.

(iii) The execution of dive : a) straight, b) with pike, c) with tuck.

(iv) Height of the board or platform.

(v) The degree of difficulty.

Rule 12. Required dives and voluntary dives with limit may not be repeated as voluntary dives without limit. All dives of the same number are to be considered as the same dive.

Rule 13. The list of dives must be signed by the competitor, and the dives must be executed in the order as listed on the diving form by the competitor. Once the closing date has passed, as provided in Rule 11, no change can be permitted in

the dives to be performed or in the order of execution of the dives. Each competitor is entirely responsible for the accuracy of the statements in the list.

Rule 14. Unless the list is presented in due time a competitor shall not be admitted to the competition.

Rule 15. The referee shall inspect the list and should the statement in the list be not according to the rules, the referee shall decide, before the beginning of the competition, whether or how the statement can be corrected, or whether the competitor shall be excluded from the competition.

The competitor must be informed of the referee's decision immediately, or at the latest, one hour before the competition.

Rule 16. All dives must be executed by the competitors themselves without any assistance from any other person. Assistance between dives may be permitted.

METHOD OF MARKING

Rule 17. The judging panel shall be composed of the referee and the judges.

Rule 18. For each competition of the Olympic Games World and Continental Championships seven judges recognized by the FINA shall be appointed. For an official inter-nation competition five judges are sufficient.

The Referee may propose the removal of any judge, whose judgment is regarded as unsatisfactory and may replace him by another judge, subject to the approval of the appointed Jury of Appeal for that competition. Such a change of judges shall only take place at the end of a session or group of dives performed by each competitor. For Olympic Games the judging shall be carried out by an electrical machine which will display the judges' awards simultaneously.

Rule 19. The referee shall manage the competition and insure that the regulations are observed.

Rule 20. The minutes of the contest shall be kept by two secretaries.

Rule 21. The judges shall be placed by the referee separately and preferably on both sides of the diving board, if practicable. If not possible they shall be arranged together on one side. On no account, once placed, shall a judge change position unless at the direction of the referee, and then only in extenuating circumstances.

Rule 22. After each dive, on a signal given by the referee, each of the judges without communicating with one another, shall immediately and simultaneously and in a distinct manner announce the mark awarded by him.

Rule 23. The judges awards shall be dictated one by one in the same consecutive order to the first secretary who shall place them on his score sheet and cancel the highest and lowest awards. The second secretary shall enter on his score sheet the awards as shown by the judges. If two or more awards of those which are to be cancelled are equal either of them can be cancelled.

Rule 24. The secretaries shall independently state the total of the remaining awards, multiply it by the degree of difficulty to determine the score for the dive. In contests where there are seven judges, the score shall be divided by 5 and then multiplied by 3 in order to establish a comparable score obtained in contests where there are 5 judges.

Example :

5 Judges awards :

	Total	Diff.	Score
7, 7, 7	= 21	× 2.0	= 42
7 Judges awards : Total		Diff.	Score
7, 7, 7, 7, 7	= 35	× 2.0 = 70	5 = 14 × 3 = 42

In order to facilitate the scoring computations a rapid calculator or chart may be used.

Rule 25. The final result shall be obtained from the list of results and entered in the main minutes at the end of the contest.

Rule 26. At the end of the contest the referee shall supervise the score sheets and the list of results in collaboration with the two secretaries, and confirm the final result by his signature in the main minutes.

Rule 27. The winner of the contest shall be the competitor who obtained the greatest sum of points. In the event that two or more divers score the same number of points, a tie shall be declared for that particular place.

Rule 28. Points or half points shall be awarded from 0-10 according to the opinion of the judges and the following table :

Completely failed	... 0 point*
Unsatisfactory	... $\frac{1}{2}$ —2 point
Deficient	... $2\frac{1}{2}$ — $4\frac{1}{2}$ point
Satisfactory	... 5—6 point
Good	... $6\frac{1}{2}$ —8 point
Very good	... $8\frac{1}{2}$ —10 point

*See also
Rule 30.

Rule 29. When judging a dive only the dive is to be considered without regard to the approach to the starting position. The points to be considered are :

- | | |
|--------------|-------------------------------------|
| The run | The technique and grace of the dive |
| The take-off | during the passage through the air. |
| | The entry into the water. |

Rule 30. If the referee is certain that a diver has performed a dive obviously other than that announced by the performance of a different dive on the table, the referee shall declare it a failed dive. Dives of the same number are to be considered as the same dive. If a dive is performed clearly in a position other than that announced, the dive is to be considered unsatisfactory. The highest award for such a dive shall be 2 points.

In such circumstances, the referee shall repeat the announcement before giving the judges the signal to show their marks.

In any other circumstance the judges shall award up to a maximum of $4\frac{1}{2}$ points, according to their opinion. The diving referee is authorized to have a spoilt dive repeated, when in his opinion the execution of the dive was influenced by exceptional circumstances. The request for such repetition must be made immediately. Also, if a repetition of a dive is granted, the first dive shall be judged and the marks be noted to be used if an eventual protest should be accepted. If a judge considers that a dive of a different number has been performed he may award 0 point, notwithstanding that the referee has not declared it to be a failed dive.

Rule 31. In the case of a dive being announced erroneously, the diving referee may cancel it and have the correct dive performed immediately after the execution of the erroneously announced dive. The diver, whose dive was erroneously announced, or his representative, should have it rectified at once, if possible before its execution.

Rule 32. The diver who refuses the execution of a dive shall receive 0 points.

Rule 33. If a judge is unable to continue to function after a competition has started, he shall be replaced by another judge of the same nationality.

If no judge of the same nationality is available the representative of that country—or the referee, if necessary—may select any judge as a substitute.

If a judge, by reason of illness or other unforeseen circumstances, has made no award for a particular dive, the average of the awards of the other four or six judges shall be considered as his award, and this shall be calculated to the nearest half point.

EXECUTION OF THE DIVE

Rule 34. Dives should be executed and judged on the following principles:

(a) The approach to the starting position shall not be taken into consideration; the starting position shall be free and unaffected.

(b) The starting position in standing dives shall be assumed when the competitor stands on the front end of the board or on the front end of the platform. The body shall be straight, head erect, with the arms straight and to the sides or above the head. The arm swing commences when the arms leave the starting position.

If the correct starting position is not assumed, each judge shall deduct 1 to 3 points from his award, according to circumstances.

The starting position of a running dive shall be assumed when the competitor is ready to take the first step of the run.

Forward take-off dives from the springboard may be performed either standing or running at the option of the diver. A prior declaration of the manner of take-off is not required. The judges shall award points for a standing dive bearing in mind the height and standard of execution which might be expected from a running dive. After the competition is started a diver may not bounce on the springboard until after the score of the previous diver has been announced.

(c) The run shall be smooth, straight and without hesitation. In a running dive from either the spring board or the platform the diver shall take at least four steps in all, including the take off from one or both feet. If a diver takes less than four steps

the referee shall deduct two points from the award of each judge.

(d) The take-off shall be bold, reasonably high and confident. In running dives the take-off from the springboard must be from both feet simultaneously, or the referee shall declare it a failed dive, but from fixed boards the take-off can be from one foot only. When executing a standing dive, the diver must not bounce on the board before the take-off.

When executing a running dive, the diver shall not be allowed to stop his run before the end of the board and to make more than one jump on the same spot, before the final take-off, or the referee shall declare it a failed dive.

If a diver, preparing for the take-off in backward dives, lifts his feet slightly off the board, this shall not be regarded as a bounce, but as an involuntary movement and the judges (not the referee) shall deduct from their awards according to their individual opinions.

If in any dive the diver touches the end of the board, or dives to the side of the direct line of flight this indicates, no matter how well the dive may have been executed, that he was too close to the board for proper execution and each judge must exercise his own opinion regarding the deduction to be made.

If, in an Armstand Dive, a steady balance in the straight position is not shown the judges should deduct from 1 to 3 points.

The diver who loses his balance and who makes a second attempt shall receive 2 points less than if he had obtained his balance at the first attempt. This deduction shall not be made by the judges but shall be announced by the referee, who shall subtract 2 points from the award of each judge or from the average value of their awards. If the second attempt to obtain a balance is unsuccessful, the referee shall declare it as a failed dive.

The same applies to a re-start in a standing dive after the arm swing has commenced or to a re-start in a running dive after the run has commenced.

On the occasion of strong wind, the referee may give all competitors the right to make a re-start without deduction of points. This should, if possible, be announced before the commencement of the contest.

(e) During the passage through the air the body can be carried straight, with pike or with tuck. In the first case the body shall not be bent either at the knees, or at the hips, the feet shall be together and the toes pointed.

In the second case the body shall be bent at the hips, but the legs must be kept straight at the knees, toes pointed.

In the third case the whole body is bunched up with the knees together, hands on the lower legs and toes pointed.

If a diver opens his knees in the tuck, this judges shall deduct from one to two points.

The diving illustrations serve as guides only and it is to be noted that the position of the arms shall be at the choice of the diver. The position of the arms in the Forward Dive (a) Straight shall now be optional as for all other movements. The beauty of the dive shall be a matter for the judges.

(f) In all flying somersault dives a straight position should be clearly shown for approximately half a somersault. This position should be assumed from the take-off except in dive No. 116 Table B, in which the straight position must be shown after one somersault has been completed.

(g) In straight dives with one half or full twist, the twisting must not manifestly be done from the board.

In pike dives with twist, the twist must not be started until there has been a marked pike position. In somersault dives with twist, the twist may be performed at any time during the dive at the option of the competitor.

It is a failed dive if the amount of the twist is greater or less than that announced, by 90 degrees.

(h) The entry into the water must in all cases be vertical, or nearly so, with the body straight, toes pointed. All head first entries shall be executed with the arms stretched beyond the head in a line with the body, with the hands close together; all feet first entries with the arms close to the body, and no bending at the elbows.

If the arms are not in the correct prescribed position on entry into the water, each judge shall deduct from 1 to 3 points from his award according to circumstances.

If the arms are held beyond the head in a feet first entry the dive is not to be considered as satisfactory. The highest award for such a dive shall be 4 1/2 points.

The dive is considered to be finished when the whole body is completely under the surface of the water.

PROTESTS

Rule 35. All protests, if any, shall be made to the referee in writing immediately after the end of the contest.

Protests, the reason of which is known before hand, must be lodged before the start of the contest.

No protest can be made against the marking of the judges.

Decisions concerning protests shall be given by the Jury of Appeal.

Protests against incidents not covered by these regulations shall be referred to the International Diving Committee of the FINA which shall consider them as quickly as possible.

that the ball be visible at the times to the umpire and so that it visibly leave the palm.

As the ball is then descending from the height of its trajectory, it shall be struck so that it touch first the server's court and then passing directly over or around the net, touch the receiver's court.

In doubles, the ball shall touch first the server's right half-court or the centre-line on his side of the net and then, passing over or around the net, touch the receiver's right half-court or the centre-line on his side of the net.

At the moment of the impact of the racket on the ball in service, the ball shall be behind the end-line of the server's court or an imaginary extension thereof.

Strict observance of the prescribed method of service may be waived where the umpire is notified, before play begins, that compliance is prevented by physical disability.

7. A Good Return. The ball having been served or returned in play shall be struck so that it pass directly over or around the net and touch directly the opponent's court, provided that if the ball, having been served or returned in play, return with its own impetus over or around the net it may be struck while still in play so that it touch directly the opponent's court. If the ball, in passing over or around the net, touch it or its supports it shall be considered to have passed directly.

8. In Play. The ball is in play from the moment at which it is projected from the hand in service until:

- (a) it has touched one court twice consecutively;
- (b) it has, except in service, touched each court alternately without having been struck with the racket intermediately.
- (c) it has been struck by a player more than once consecutively;
- (d) it has touched a player or anything he wears or carries;
- (e) it has been volleyed;
- (f) it has touched any object other than the net, supports or those referred to above;
- (g) it has, in a doubles service, touched the left half-court of the server or of the receiver;

(h) it has, in doubles, been struck by a player out of proper sequence, except as provided in Law 15;

(i) it has, under the Expedite System, been returned by 13 successive good returns of the receiving player or pair.

9. A Let. The rally is a let:

(a) if the ball is served, in passing over the net, touch it or its supports, provided the service be otherwise good or be volleyed by the receiver;

(b) if a service be delivered when the receiver or his partner is not ready, provided always that a player may not be deemed to be unready if he or his partner attempt to strike at the ball;

(c) if, owing to an accident not within his control, a player fail to make a good service or a good return, or otherwise terminate the rally;

(d) if it be interrupted for correction of a mistake in playing order or ends;

(e) if it be interrupted for application of the Expedite System.

10. A Point. Except as provided in Law 9, a player shall lose a point:

(a) if he fail to make a good service;

(b) if a good service or a good return having been made by his opponent, he fail to make a good return;

(c) if he, or his racket, or anything that he wears or carries, touch the net or its supports while the ball is in play;

(d) if he, or his racket, or anything he wears or carries, move the playing surface while the ball is in play;

(e) if his free hand touch the playing surface while the ball is in play;

(f) if, before the ball in play shall have passed over the end lines or side lines not yet having touched the playing surface on his side of the net since being struck by his opponent, it come in contact with him or with anything he wears or carries;

(g) if he volley the ball;

Thereafter, each player shall serve one service in turn and, if the service and 12 following strokes of the serving player or pair be returned by good returns of the receiving player or pair, the server shall lose the point.

17. Definitions and Interpretations. (a) The period during which the ball is in play shall be termed a 'rally'. A tally the result of which is not scored shall be termed a 'let', and a rally the result of which is scored shall be termed a 'point'.

(b) The player who first strikes the ball during a rally shall be termed the 'server' and the player who next strikes the ball shall be termed the 'receiver'.

(c) The 'racket hand' is the hand carrying the racket, and the 'free hand' is the hand not carrying the racket.

(d) 'Struck' means 'hit with the racket, carried in the racket hand, or with the racket hand below the wrist'. A stroke made with the hand alone, after dropping the racket, or by the racket after it has slipped or been thrown from the hand, is 'not good'.

(e) If the ball in play comes into contact with the racket or the racket hand below the wrist, not yet having touched the playing surface on one side of the net since last being struck on the other side, it shall be said to have been 'volleyed'.

(f) The 'playing surface' shall be regarded as including the top edges of the table, and a ball in play which strikes these latter is, therefore 'good' and still in play; if it strikes the side of the table-top below the edge it becomes out of play and counts against the last striker.

(g) 'Around the net' means under or around the projection of the net and its supports outside the table, but not between the end of the net and the post.

(h) If a player, in attempting to serve, misses the ball altogether he loses a point, because the ball is in play from the moment it is deliberately projected from the hand.

TENIKOIT

(*Rules of the Game as usually played*)

1. The Court for the Regulation Doubles or Four-player Game shall be 40 ft. by 18 ft. The Singles or Two-Player Game shall be 40 ft. by 9 ft. The Neutral Ground each side of the net shall be 3 ft. wide (6 feet in all).

2. The net shall be of tanned or tarred cord and may be from 18 ft. to 20 ft. in length and 18 ins. deep. The top of the net shall be 5 ft. high and shall be edged at the top with a white tape doubled and supported by a cord run through the tape and attached to the top of the posts.

3. The posts shall be 5 ft. high, and shall be sufficiently firm to keep the net strained, the net being 4 ft. 9 ins. high in the centre.

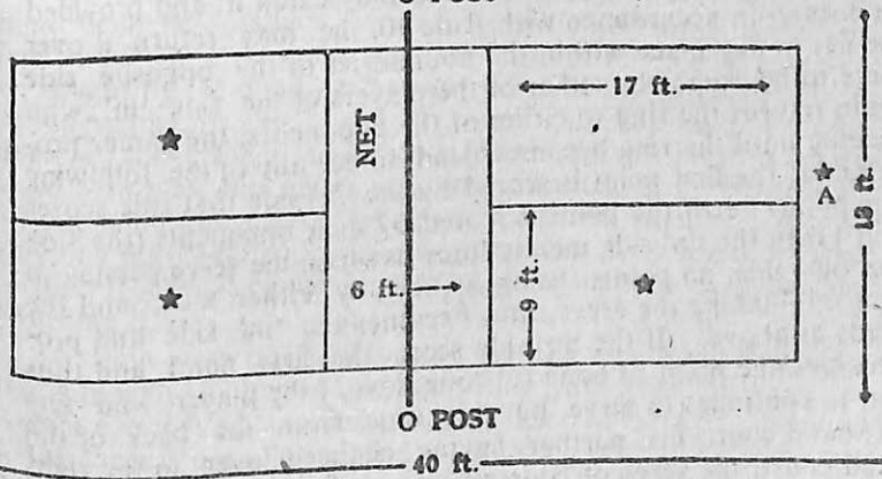
Note. The top of the net may be 5 ft. or 6 ft. high. (Some rules require 5 ft. others 6 ft. We recommend a 6 ft. high net).

4. The ring shall be about 7 ins. diameter, $1\frac{1}{4}$ ins. thick and shall weigh about 7 to 9 ozs.

5. The Game is played by either one or two players on each side.

Note. In the game of one player a side (singles) only one half of the court is used, if the court is double.

O POST



Approximate position of four players at commencement of a game.
A serving.

6. The choice of courts or ends shall be decided by toss, the losers taking the first serve, or vice versa. The winners of a game commence the next game, but either player of that side may begin to serve.

7. The game with one player a side (singles) consists of 15 points, the game with two players a side (doubles) also consists of 15. Provided that if the score is 14-all, 'Long sets', may be played, i.e., the play is continued until one side has two points more than the other, such as 17, 15 or 24, 22.

Scoring may be done as in Tennis or as in Volleyball.

NOTE. Long sets are not permitted in American Tournaments Handicap games.

8. A rubber is the best of three games. The players shall change ends at the commencement of each new game, and also in the third game when the leading score is 8.

NOTE. Long sets are not permitted in American Tournaments or ends as provided for the third game of a rubber.

9. In doubles the side asking the serve (called the side 'in') starts the game by one player standing on (or behind see Rule 14) the back line of the right hand court at any place on that line he may choose and serving the ring over the net to the opponent in the diagonally opposite court, his partner mean while occupying the left hand court where he may choose. Only the opponent to whom the ring is served may catch it, and provided he does so in accordance with Rule 10, he may return it over the net to any place within the boundaries of the opposite side there to be caught by either of the players of the side 'in' who again returns the ring to either of the opponents, the game proceeding until the ring becomes 'dead' under any of the following rules. If the first point is scored by the 'in' side that side scores one point, but if the point is scored by their opponents (the side 'out') then the 'in' side merely loses its serve, the serve passing to the 'out' side, no points being scored by either side, and the 'out side' taking the serve, thus becomes the 'in' side and proceeds as above. If the 'in' side score the first point and thus becomes one point to none (or 'one, love,') the player who served continues to serve, but this time from the back of the left hand court, his partner having changed over to the right hand court, the serve of course being confined as before, to the server's diagonally opposite opponent, which will now be the opponent other than the one of whom he last served, the 'out'

side always retaining their courts, and not changing their courts until they become the 'in' side. As long as the 'in' side continues to win points so long does it retain the serve but on losing a point it loses the serve to its opponents. no point of course being counted to its opponents until they win a point after taking the serve. For instance, supposing the 'in' side are 'four, love', and lose the next point, then the 'out' side through winning that point take the serve the score becomes 'love four', and the game proceeds. After losing the serve in playing 'doubles', the player who has been serving occupies the right hand court, thus receiving the first serve from his opponents his partner of course occupying the left hand court and receiving the second serve, if any.

The first player to serve of the 'out' side, when they have won their serve; is the player occupying the left hand court, who will when they lose their serve, occupy the right hand court, the serve passing to the opponent in the left hand court, the serving being taken alternately.

In playing 'singles' the serve merely passes from one player to the other as, only one court per side being occupied, change is impossible.

After the serve is delivered, the server and the other players may take up any positions they choose on their side of the net, irrespective of any boundary lines. (See Rule 16).

10. The ring must only be caught with one hand, either hand being permissible. It is not permitted to catch with two hands, and to do so incurs the loss of a point. The ring may be caught by the hand against any part of the body of the player or his partner, or caught on any part of the body provided it does not touch the ground; but it must always be thrown by hand. In play, but not in receiving a service, it is permissible for one hand of each partner to catch the ring at the same time, only one player returning it; also if the ring is touched by one partner, it may be caught by the other the one who catches, returning it.

11. Both in serving and in play the delivery of the ring must be made with an upward tendency, and the ring must rise for at least 6 inches after it has left the hand. Over-hand delivery in any form is not allowed and is a losing point if used; also in no circumstances must the hand be allowed to cross the net.

in serving, wobbling of the ring is not permitted.

12. The ring must be returned by the player from approximately the position in the court where he has caught it. Such things as catching the ring in mid-court, walking to the net, and practically dropping the ring over, are not allowed and lose points.

13. Baulking in any form is not allowed, and if employed loses a point. Such things as feints at delivery are the commonest form of this.

14. In serving, the server may take a run if he chooses, so long as the ring leaves his hand when he is either on or behind the back line of the court.

15. Only one serve is allowed except in cases when the ring touches the net (called a 'let') in passing over, but is otherwise a good serve, when it does not count and the serve is replayed. If the ring touches the net in passing over but falls untouched either in the wrong court or out of bounds it is a foul stroke, the serve passes to the opponents in the usual way. *The ring touching the net in passing over during play other than the serve is not penalised.*

16. No player, under penalty of losing a point, must stand within the neutral ground (3 ft. on either side of the net), nor must the ring be allowed to drop within this ground, even though the ring has crossed the net. If the ring does so fall, a point is lost by the side which has delivered the ring.

NOTE. A foot on any line is counted in the Court, and not penalised.

17. The ring must be played over the net and not allowed to pass round the side of the post.

18. A ring falling untouched (see Rule 21 if touched) in the proper court, if a serve, or 'in bounds' the succeeding play, counts against the side failing to catch it. A ring falling untouched out of the proper court, if a serve, or 'out of bounds' in subsequent play, counts against the side delivering the ring.

19. The first point of contact with the ground is deemed to be the place where the ring has touched, and not that place where the ring eventually comes to rest. A ring striking any boundary line, no matter where the ring eventually comes to rest, is deemed as in the court.

20. The server may not serve until both his opponents are ready.

21. If a player catches the ring or even touches it no matter where he is standing (except the neutral ground) the catch is deemed to be good if caught under Rule 10. If the ring is touched and dropped, even though the player and the ring are outside the court boundaries (other than the neutral ground) the player is deemed to have lost the point.

22. If in service the ring touches the top of the net in passing over, and is then caught by the player to whom it was served, it is assumed that the ring would have fallen into the proper court. It is thus a 'Let' under Rule, 15 and must be replayed as such.

23. The ring must be returned immediately and not retained in the hand. The holding of the ring is considered 'baulking', under Rule 13.

24. A player serving from the wrong court, or out of turn, or to an opponent standing in the wrong court, shall not count any point won or lost unless the next succeeding service has been played when all points won or lost up to that service shall count. The error in serving will then be corrected and play resumed.

25. The ring must be turned by the same hand with which it is caught.

A FEW BRIEF POINTS ON THE GAME OF TENIKOIT

Single—Two players—15 points up. Best of Three Games.

Doubles—Four players—15 points up.

When the serving does not screw the Ring up, hold and play it naturally.

Do not grab at a fast Ring, or wobbler, let the Ring come into the hand on a retarding movement, as a cricket fields a ball.

You must score off your own, Service, not that of your opponents.

At 13 all, the first player reaching 13 may set the best of 5.

At 14 all, the first player reaching 14 may set the best of 3.

The ring must not be thrown or served over-hand in any shape or form, nor is a flat thrown Ring allowed. The temptation to throw flat or over-hand Rings is very great when a fast rally is played close up to the net. Flat or over-hand played rings absolutely spoil the game, they stop all open play, and check the beneficial exercise the game provides.

The Ring must always be played or served with an upward tendency of at least six inches, and as much more as the players care to give, no matter whether the Ring be taken high or low. No baulking or hesitating is allowed, and the Ring must be returned immediately after it is received no matter in what position you are. Your feet are not allowed in the neutral ground (*i.e.*, each side of the Net). A Ring striking any line or falling on a line is "in" no matter where the Ring eventually comes to rest.

SPECIAL NOTES ON THE SERVICE

The back-hand service from the standing position, *i.e.* (right foot forward) is without doubt the better, when open play and finesse is preferred, and all the finer points of the game exploited to obtain the beneficial exercise and pleasant pastime 'Tenikoit' provides.

For faster and more aggressive play, use of fore-hand service (*i.e.*, left foot forward from the standing position, or with a run). Both feet in any service must be behind or on the back line at the time the Ring leaves the hand. Fore-hand play is indulged in from the back of the court. If played when close to the net, flat or over-hand Rings are apt to be played, these should be promptly faulted. There are many occasions when fore-hand play must be adopted, and if the Ring is played with a pronounced upward tendency no possible exception can be taken, and a lot of points are scored from this play on account of the Ring being returned so quickly and because it must be returned by the same hand by which it was caught. In taking a fast Ring, whether naturally played or a wobbler, do not grab at it, take it with arm receding slightly.

THROWBALL

(*Rules as adopted by the Women's Inter-Collegiate Athletic Association, Madras*)

Throwball is so called, because on a court 50' long and 30' wide, two teams of 9 players each, stand on either side of a net, and try to throw the ball back and forth across the net.

NOTE :

Court for high school girls	... 50 x 30 — net 6' high.
Court for college students	... 60 x 40 — net 7' high.

1. **Equipment.** The court shall be 50' long and 30' wide. Across the exact centre of the court the net shall be stretched between two posts. The posts shall be fixed in the ground, exactly 25' from either end-line, and at a spot 12" outside the court. For beginners the net may temporarily be fixed at a height of 5'. For High School matches the net should be fixed at 6'. For inter-collegiate matches the net should be fixed at 7'. The height of the net is always measured at the centre of the court. The net may not be touched during measuring. The height is taken from the ground, exactly to the top of the net, at the centre of the court.

On both sides of the net, parallel to it, and 3' away from it, a line shall be drawn across the court. This is called the box. The box is a natural zone. If the ball lands in the box, it counts as out. No player may step into the box to recover a ball, but may reach forward into the box, catch the ball and return it, but while doing so, she must not step into the box.

The net must be provided with a rope, at the bottom as well as at the top of the net. The net must be tied at top and bottom so that its entire surface will be taut enough for the ball to rebound easily off it.

The ball shall be a No. 5 Association Football, and should measure when inflated between 27" and 29" in circumference.

2. **How to Play.** There shall be 9 players on each team. They stand in three lines of 3 players each. The same relative

positions must be maintained throughout any one game, and the order of serving *must not* be altered. Positions may, however, be altered for any subsequent game.

The players are numbered 1 to 9 in this order, and may not change their order during a game.

1	2	3
4	5	6
7	8	9

No. 9 serves first for her side.

(i) Officials : One umpire, 2 linesmen (one for each end of the field).

(ii) Tournaments : In tournament play the best of three games decides the match.

(iii) The Game : It consists of throwing, not batting, the ball to and fro across the net. The ball may not be batted, but must be caught and thrown with one or both hands.

(iv) Penalty : The side playing the ball, if serving, loses the service to opposite side. If receiving, the serving side gains a point.

(v) To begin the game :—The umpire tosses a leaf or coin and the captains of the two teams choose side or service. Players take their positions which the umpire must carefully note. Linesmen take their places.

3. **How to Serve.** (i) To serve the player stands at any point *outside* the court, and *behind* the line, with no part of the body touching the line, and throws the ball to *any part* of her opponents' court. Any one of her 9 opponents may catch the ball and attempt to throw it back across the net. The ball is thrown back and forth across the net until a player fails to return it. If the receiving side fails to return the ball, the serving side wins the point, they score one and continue serving. If the server fails to get the ball over the net, or if the serving side fails to return the ball, no score is made, but the serving side loses the service, and must then change places in zig-zag fashion. Number 9 moves up to position 1, and all other players then move up one, so that Number 8 is in serving position. After losing the service, players on the serving side must change places before the game may continue. But players on the receiving side do not change. Meanwhile the player due

to service of the opposing side, takes the ball and stands at the back of the line, ready to serve. Before serving, she must call the score and then say 'Play'; for example 'one-love : Play'. If she serves without thus warning the other side, it is a foul. The server must pause for a second after giving this warning before she actively serves. Penalty : Her side loses the service.

(ii) If in serving the server takes one or more steps, that step must be completed outside the line, regardless of them elapsed between the service and the completed step: Penalty : Serving side loses the service.

4. Scoring. A game consists of 15 points. One point is scored by the serving side each time their opponents fail to throw the ball back over the net.

A ball is good if it touches or is touched by any player, voluntarily or involuntarily if she is *inside* the court *on* the line.

Deuce: 14 points all constitute deuce. It is played as in tennis or tenikoit, *i.e.*, at 14 all, the server calls 'Deuce—play'. To win the game the serving side must then win two consecutive points. 'Advantage all' is not permitted and each game must be played out. For example, the server calls 'Deuce—play'. If her side wins the point, she calls 'Advantage in—play'. If her side wins the next point, the game is won. But if she calls 'Deuce—play' and her side loses the point, the ball goes to the opposing side. The server of that team again calls 'Deuce—play', and so the game continues until one team succeeds in winning two consecutive points.

5. Handling the Ball. (i) When in possession of the ball a player may step, if necessary, to maintain her balance, although it is not to be encouraged. She may not *in order to make a better return*, step or travel in any direction with the ball, *i.e.*, she may move one foot forward provided the other foot is kept steady. She may jump when she throws the ball must leave her hands before one or both feet touch the floor. Penalty : If the serving side fouls, the service is lost. If the receiving side fouls, the serving side is awarded the point.

(ii) Double touch (juggling the ball in the hands) is not allowed. Penalty : If the serving side double touches it loses the service. If the receiving side double touches, the serving side scores one point.

(iii) A ball that has been served, and is being *returned* may be caught, dropped, picked up by another player (not the same player) and returned, unless it has touched the ground. Any ball touching the ground is dead and that play is ended.

(iv) A ball served, or any ball in play must be touched or thrown into the air by any number of players, in order get it back over the net, but it may not be touched twice in succession by the same player. She may touch it, fail to stop it, then another player may catch it throw it in the air and the first player may then catch it again. Thus in returning the ball, if there is difficulty in getting it over the net, it may be touched or caught repeatedly by a player, if meanwhile one or more players have touched it. However a player should not throw the ball to another in order to make a better return.

(v) When serving, the ball may not be assisted over the net by any other player.

(vi) A 'net' ball, on serving, is a fault. Penalty : Ball goes to the other team. A 'net' ball is a ball that touches the top of the net, *but* goes on over.

(vii) A net ball on a return is good, and may be played.

(viii) Line balls are good, both in serving and returning.

(ix) If a ball going out is touched by a player it has been played, and the side failing to return it has lost the point.

(x) Two or more players may reach for and touch the ball at the same time, but one of them must remove her hands from the ball before it is thrown back. Only one player may return the ball across the net. Penalty : The fouling side loses the point.

(xi) Players may not catch the ball with the assistance of the body or legs. The ball should be stopped and touched with the hands only. If the serving side has fouled, it loses, the service. If the receiving side has fouled, the serving side scores one point.

**DIVISION III
ATHLETIC RULES
for
MEN'S AND WOMEN'S INTERNATIONAL
COMPETITIONS**

NOTE.—Alterations to Competition rules approved by Congress in 1976 are indicated by vertical lines in the page margins. All such changes come into force on 1st May, 1977.

RULE 101

All international competitions, as defined in Rule 12 para 1, shall be held under the rules of the International Amateur Athletic Federation and this shall be stated in all announcements, advertisements, programmes and printed matter.

The rules as laid down shall be applicable to men's and women's competitions.

NOTE.—It is recommended that National Associations should adopt the rules of the I.A.A.F. for the conduct of their own athletic meetings.

**SECTION I
OFFICIALS AND THEIR DUTIES**

RULE 111

Officials of the Meeting

The list laid down in this rule comprises those officials considered to be necessary for principal international meetings. The organisers are at liberty to vary this where local circumstances require.

MANAGEMENT OFFICIALS

One Manager

One Secretary

One Technical Manager (Clerk of the Course)

JURY OF APPEAL.

COMPETITION OFFICIALS

One Referee for Track Events

One (or more) Referees for Field Events

One Referee for Walking Events

Four (or more) Judges for Track Events

Four (or more) Judges for Field Events

Four (or more) Judges for Walking Events
 Four (or more) Umpires for Track Events
 Three (or more) Timekeepers
 One (or more) Starters
 One (or more) Recall Starters
 One (or more) Starter's Assistants or Marksmen
 One (or more) Lap Scorers
 One Recorder
 One Marshal
 One or more Wind Gauge Operators

ADDITIONAL OFFICIALS

One (or more) Announcers
 One Official Surveyor
 One (or more) Doctors
 Stewards for Competitors, Officials and Press.

Referees and Chief Judges should be indicated by a distinctive armband or badge.

If deemed necessary, assistants may be appointed. Care should however be taken to keep the arena as free from officials as possible.

Where women's events are held, there shall be appointed a woman doctor when possible.

RULE 112

The Manager

The Manager shall have charge of the Meeting and be responsible for the proper carrying out of the programme. He shall see that all officials have reported for duty and when necessary shall appoint substitutes, and in co-operation with the appointed Marshal, arrange that only authorised persons are allowed in the centre of the arena.

RULE 113

The Secretary

The Secretary shall be responsible for the calling of the meetings of the executive and other committees, and shall prepare all minutes relating thereto. He shall be in charge of all administrative arrangements, and shall receive and conduct all principal correspondence relating to the Meeting.

RULE 114

The Technical Manager (Clerk of the Course)

The Technical Manager shall act directly under the Manager of the Meeting and be responsible for seeing that the track, runways, circles, arcs, sectors and landing areas for field events are properly laid out, also that all equipment is according to specification and readily available for approval by the appointed Referee, and that scoring, result and time recording cards are prepared.

See also Rule 126.

RULE 115

Jury of Appeal

In Area or Group Games or Championships, a Jury of Appeal which should normally consist of not less than three nor more than five persons shall be appointed.

The primary function of the Jury shall be to deal with all protests under Rule 147, and with any other matters arising during the course of the meeting which are referred to them for decision. Their decision shall be final.

While in general the Jury should not intervene in the course of a meeting, if they observe any matter which, in their opinion, requires correction, they should discuss such matter with the responsible official and offer advice as to what should be done.

Decisions involving points which are not covered by the Rules shall be reported subsequently by the President of the Jury to the General Secretary of the I.A.A.F.

See also Rule 147 "Protests".

RULE 116

Referees

1.—A separate Referee shall be appointed for track events, for field events and for events outside the stadium.

2.—It shall be the responsibility of a Referee to see that the rules are observed and decide any technical points which arise during the Meeting, and for which provision has not apparently been made in these rules. The Referee shall have jurisdiction to decide any placings in a race, only when Judges of the disputed place or places are unable to arrive at a decision. *See also Rule 117, (2) and Rule 146, (1).*

3.—Referees shall allocate Judges to particular events if this has not been previously arranged, specifying the duty each

should carry out (e.g. circle, take-off board etc.); announce to the Judges and ensure that the competitors are informed of the number of trials to be allowed under the rules even if this has been printed in the programme; supervise the measurements of performances; check the final results and deal with any disputed points. *See also Rule 117, (1).*

4.—The appropriate Referee shall have the power to exclude any competitor for improper conduct and he shall decide on the ground any protest or objection as to the conduct of a competitor. *See also Rule 118, Rule 122 and Rule 147.*

5.—If in the opinion of the Referee circumstances arise at any meeting so that justice demands that any event should be contested again, he shall have power to declare the event void and such event shall be held again, either on the same day or on some future occasion, as he shall in his absolute discretion decide. *See also Rule 142, (6).*

6.—The Referee shall have power to change the place of the competition in any field event, if in his opinion the conditions justify a change. Such a change shall be made only after a round is completed.

7.—Upon completion of each event the result card shall be immediately filled in, signed by the Referee and handed to the Recorder. *See also Rule 123.*

RULE 117

Judges

General

1.—Subject to the rules laid down by the National Association and except in the case of the Olympic Games and World Championships, the organisers of the meeting shall appoint the Judges for the various events. The Referee shall allocate the duties among the Judges.

Track Events, and Road Events finishing on the Track.

2.—The Judges, who must all operate from the same side of the track, shall decide the order in which the competitors finish, and in any case where they cannot arrive at a decision shall refer the matter to the Referee, who shall decide.

NOTE.—*The Judges should be placed at least five metres (or 16 ft. 6 in.) from and in line with the finish, and in order that they may have a good view of the finish line, an elevated stand should be provided. A photo-finish apparatus should be available for use whenever possible as an aid to the Referee and Judges. (See Note to Rule 162, para.12).*

3.—The Judges shall judge, measure and record each valid trial of the competitors in all events in which the result is determined by height or distance. In the high jump and pole vault, precise measurements should be made when the bar is raised, particularly if records are being attempted. At least two Judges should keep a record of all trials, checking their recordings at the end of each round.

RULE 118

Umpires (Track Events)

1.—Umpires are assistants to the Referee, without power to give any decisions.

2.—It shall be the duty of an Umpire to stand at such point as the Referee may determine to watch the competition closely and, in case of a foul or violation of the rules by a competitor or other person, to make an immediate report of the incident to the Referee.

3.—Any such breach of the rules should be indicated by the raising of a flag.

4.—Umpires should also be appointed to undertake the duties of supervision in relay races at the take-over points.

NOTE.—When an umpire observes that a runner has run in a different lane from his own, he should immediately mark where the runner ran outside his lane.

RULE 119

Timekeepers

1.—(a) There should be three official Timekeepers (one of whom should be the Chief Timekeeper) and one or two alternate Timekeepers who should time the winner of every event. The times recorded by the alternate Timekeeper's watches* shall not be considered unless one or more of the official Timekeepers' watches fails properly to record the time, in which case the alternate Timekeepers shall be called upon, in such order as has been previously decided, so that, in all races, three watches should have recorded the official winning time.

Wherever possible, additional timekeepers should record times for the second and subsequent places, lap times in races of 800 metres and over-and times at every 1000 m. in races of 3000 metres and over.

**NOTE.—Throughout this rule, the word watches includes electric, manually operated digital timers.*

(b) Each Timekeeper shall act independently and, without showing his watch to or discussing his time with any other person, enter his time on the printed form, and after signing the form, hand it to the Chief Timekeeper, who may examine the watches to verify the reported times.

(c) The Chief Timekeeper shall then decide what is the official time for each competitor, applying, as necessary, the provisions of this rule and provide the result for publication.

(d) In the event of two of three official watches agreeing and the third disagreeing, the time shown by the two shall be the official time. If all three watches disagree, the time shown by the watch recording the middle time shall be the official time.

(e) If the hand of the watch stops between the two lines indicating the time, the longer time shall be accepted. If a 1/100th second watch is used, the time shall be read from it to the nearest 0.1 second, i.e. 9.94 is read as 9.9 but 9.95 is read as 10.0.

(See also Rule 195, para. 6 (b), for Pentathlon and Decathlon events.)

2.—If for any reason only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted as the official time.

3.—The time shall be taken from the flash of the pistol or approved apparatus to the moment at which any part of the body of the competitor (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the perpendicular plane of the nearer edge of the finish line.

NOTE.—*It is recommended that the Timekeepers should be placed at least five metres (16 ft. 6 in.) from and in line with the finish on the opposite side of the track to the judges, and, in order that they may have a good view of the finish line, an elevated stand should be provided wherever practicable.*

4.—An electrical timekeeping device, approved by the National Association of the country where the competition is held, may be used.

5.—(a) For all hand-timed races, the timing shall be to 1/10th second. Where a fully automatic electrical timing device is used,* the timing for races up to and including 440 yards shall be recorded to 1/100th second. In electrically timed races over 440 yards, the result shall be converted to 1/10th second.

(b) The following conversion table shall be used for converting times required to the nearest 1/10th second.

Electrical Timing Second	Official Result Second
.95 — .04	.0
.05 — .14	.1
.15 — .24	.2
.25 — .34	.3
.35 — .44	.4
.45 — .54	.5
.55 — .64	.6
.65 — .74	.7
.75 — .84	.8
.85 — .94	.9

6.—(a) Fully automatic electrical timekeeping equipment shall be used in the Olympic Games, World Championships and, wherever possible, in all Area and Group Championships.

(b) Whenever fully automatic electrical timekeeping equipment is used at any meeting, the time recorded shall be the official time as worded in paragraph 5 hereof, unless for any reason the Chief Timekeeper decides that it must obviously be inaccurate.

*NOTE.—“Fully automatic electrical timing equipment: The electrical timing device must be started by a contact on the Starter’s pistol or any similar apparatus at the instant of the flash from the charge. The finishing times and the finishing places of the competitors shall be read from a moving film (a photofinish picture). If possible, there should be at least two photofinish cameras in action, one from each side.”

RULE 120

The Starter and Recall Starters

1.—The Starter shall have entire control of the competitors on their marks, and shall be the sole judge of any fact connected with the start of the race, except as provided in (3) below. The Starter shall ascertain that the Timekeepers and Judges are ready.

2.—In all races started in lanes, the Starter should use a microphone to relay his commands to loudspeakers for the runner in each lane. Where such a device is not used, the Starter shall so place himself that the distance between him and each of

the competitors is approximately the same. Where, however, the Starter cannot place himself in such a position, the pistol or approved apparatus should be placed there and discharged by electric contact. *See also Rule 162 "The Start and the Finish".*

3.—The Starter or any Recall Starter shall recall the competitors by the firing of a pistol or approved apparatus in any race if in his opinion the start was not a fair one.

RULE 121

Starter's Assistants (or Marksmen)

1.—The Starter's Assistants shall check that the competitors are competing in the correct heat or race and that their numbers are worn properly, one on the breast and one on the back. Stations in events at all distances shall be numbered from left to right, facing the direction of running.

2.—They must place each competitor in his correct lane or station, assembling the competitors on an assembly line 3 metres (or 10 feet) behind the starting line (in the case of races started in échelon, similarly behind each starting line), and when so placed they shall signal to the Starter that all is ready. When a fresh start is ordered the Starter's Assistants shall assemble the competitors again.

3.—The Starter's Assistants shall be responsible for the readiness of batons for the first runners in a relay race.

4.—When the Starter has ordered the competitors to their marks, the Starter's Assistants must see that no competitor places either fingers, hands or feet on the starting line or in front of it. If any difficulty arises they must signal immediately to the Starter. *See also Rule 162 "The Start and the Finish".*

RULE 122

Lap Scorers

1.—A Lap Scorer shall keep a record of the laps covered by each competitor in races from 1500 metres to 5000 metres. For races exceeding 5000 metres and for Walking events a number of lap scorers under the direction of the Referee shall be appointed and provided with lap scoring cards on which they shall record the times over each lap (as given to them by an official Timekeeper) of the competitors for whom they are responsible. No Lap Scorer should record for more than four competitors. (6 in the case of Walking events).

2.—A special Lap Scorer shall be appointed to notify to each competitor the number of laps which he still has to complete. He shall notify the final lap by the ringing of a bell or otherwise.

**RULE 123
The Recorder**

The Recorder shall collect the result of each event, together with the times or heights or distances, which shall be furnished to him by the Referee and the Chief Timekeeper as well as the information provided by the Wind Gauge operator. He shall as soon as possible communicate the information to the Announcer and, after recording the placings, times, heights or distances, he shall hand the official result together with all cards to the Manager of the meeting. *See Rule 116, (7) and Rule 125.*

**RULE 124
The Marshal**

The Marshal shall have full charge of the arena and shall not allow any persons other than the officials, and competitors assembled to compete, to enter and remain therein. He shall control his assistants and assign to them their duties. He shall arrange for an enclosure to be provided for officials when not on duty.

**RULE 125
The Announcer**

The Announcer shall give out to the public the names and numbers of the competitors taking part in each event, and all relevant information such as the composition of the heats, lanes or stations drawn, and intermediate times. The result (placings, times, heights and distances) of each event should be announced at the earliest possible moment after receipt of the information from the Recorder. *See also Rule 123.*

**RULE 126
The Official Surveyor**

The Track and distances which are to be contested, as well as the circles, arcs, sectors and other measurements relating to the Field events, shall have been measured *in advance* by an official surveyor.

He shall furnish to the Technical Manager and the Referee, before the Meeting, certificates as to correctness. *See Rule 145.*

**RULE 127
The Wind Gauge Operator**

The wind gauge operator shall ensure that the gauge is erected in accordance with Rule 149. He shall ascertain the velocity of the wind in the running direction in appropriate events and shall then record and sign the results obtained and communicate them to the Recorder.

SECTION II
RULES FOR COMPETITION

RULE 141

Entries

1.—Competitions under I.A.A.F. Rules are restricted to amateurs in accordance with the I.A.A.F. Rules relating to the eligibility of athletes to compete. *See Rules 51—54.*

2.—No competitor shall be allowed to compete outside his own country unless his amateur status is guaranteed in writing by the National Federation of his country, and he has permission from such body to compete. In all international competitions, such guarantee of the amateur status of an athlete shall be accepted as conclusive, for the time being, of the athlete's eligibility to compete; any objection as to his status shall be referred to the I.A.A.F.

Women's Events:

3.—For Olympic Games and Area or Group Games or Championships, the Organising Committee shall appoint a panel of three medical doctors. Every entry for Women's events must be accompanied by a certificate issued under the provisions of Rule 141 (4) or by a photostat copy thereof, or the competitor will be required to appear before the Medical Panel appointed to act at the meeting concerned.

4.—When an athlete has appeared before such a Medical Panel and been declared eligible to compete in Women's events, the Panel shall forward to the I.A.A.F. the name of this athlete for inclusion on a Central Register.

Upon request from the National Federation, the I.A.A.F. will issue a certificate in respect of any athlete whose name appears on the Register.

5.—In the case of International meetings other than Olympic Games and Area or Group Championships or Games, entries must be accompanied either by a certificate issued under the provisions of Rule 141 (4) or by a certificate signed by a qualified medical doctor and countersigned on behalf of the National Federation confirming that the athlete is qualified to compete in Women's events.

Failure to participate

6.—At Olympic Games and Area or Group Championships or Games, it is recommended that a competitor be excluded from participation in further events, including relays, in cases where:

- (1) a final confirmation was given that the athlete would start in an event but then he or she failed to participate without giving a valid reason, so that it was not practicable to delete the name officially from the list of starters for that event;
- (2) he or she qualified in preliminaries or heats for further participation in an event but then did not compete further without giving a valid reason.

NOTE.—A fixed time for the final confirmation of starters should be published in advance.

RULE 142**The Competition**

1.—No performance accomplished by an athlete will be valid unless it has been accomplished during an official competition, the athletes using only equipment authorised by the rules of the I.A.A.F.

2.—In matches arranged between Members, the number of trials in the jumping and throwing events may be reduced as desired; any such arrangement should be made previous to the meeting.

Clothing

3.—In all events competitors must wear clothing which is clean and so designed and worn as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet.

In Olympic Games or any Area Games or Championships competitors shall participate in the uniform clothing officially approved by their National Federation.

Competition Shoes

4.—Competitors may compete in bare feet or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip of the ground; such shoes, however, must not be constructed so as to give the competitor any additional assistance.

Competitors are not permitted to wear shoes which incorporate any spring or device of any kind or of which the sole, including grooves or ridges, has a total thickness exceeding 13 millimetres (0.5 in.). The thickness of the heel must not exceed that of the sole by more than 6 millimetres (0.25 in.) except in walking events, where shoes may be worn of which the thickness of the heel exceeds that of the sole by not more than 13 millimetres (0.5 in.). To protect the heel from the jar of impact in long jumping and triple jumping, the competitor may increase the thickness of the heel itself or include a pad inside the shoe so that the total thickness of heel and pad does not exceed 25 millimetres (1 inch).

The sole and the heel may have grooves, ridges and/or spikes. The number of spikes is limited to a maximum of six in the sole proper and two in the heel. The part of each spike which projects from the sole or the heel must not exceed 25 millimetres (1 in.) in length or 4 millimetres (0.16 in.) in diameter. A shoe strap over the instep is permitted.

When a competition is conducted on an all-weather track, competitors shall comply with the instructions of the Organisers as to the length of spikes.

Competitors may not use any appliance either inside or outside the shoe which will have the effect of increasing the thickness of the sole above the permitted maximum of 13 millimetres (0.5 in.) or which can give the wearer any advantage which he would not obtain from the type of shoe described in the previous paragraphs.

Numbers

5.—Every competitor must be provided with two numbers to be worn visibly on the breast and back. The numbers must correspond with the number in the programme. If track suits are worn in the competition, numbers must be worn on the track suit in a similar manner. In the pole vault and high jump, the competitors may wear the number on the back or front only. Where photo-finish equipment is in operation, the meeting organisers may require competitors to wear additional numbers of an adhesive type on the side of their shorts. No competitor shall be allowed to take part in any competition without the appropriate number or numbers.

At Area or Group Games or Championships, the competitors number card may bear only the official name of the meeting or competition (size not to exceed 15 cm. \times 2.5 cm. 6 in. \times 1 in.) in addition to the actual number.

NOTE.—Members who have contracts with commercial sponsors for the addition of lettering or number cards to be worn at matches with other Members and at domestic meetings, are recommended not to permit this lettering to exceed 15 cm \times 2.5 cm, (6 in. \times 1 in.) and to ensure that the same style of number is issued to all competitors taking part in the competition.

6.—Any competitor jostling, running across or obstructing another competitor so as to impede his progress shall be liable to disqualification. If in any race a competitor is disqualified for any of these reasons, the Referee shall have power to order the race to be re-run excluding the disqualified competitor or, in the case of a heat, to permit any competitors affected by the act resulting in disqualification (other than the disqualified competitor) to compete in a subsequent round of the race. If for any reason a competitor is hampered in a trial in a field event, the Referee shall have power to award him a substitute trial. See also Rule 116, (5).

7.—In all races run in lanes each competitor shall keep his allotted lane from start to finish. This shall also apply to any portion of a race run in lanes.

8.—If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has deliberately run outside his lane, he shall disqualify him; but if the Referee considers that such action was unintentional, he may at his discretion disqualify, if he is of the opinion that a material advantage was gained thereby. See table below.

Track 400 metres Stride 2.30 m. Number of Strides	Advantage Gained by Encroaching <i>t</i> centimetres on Inside of Lane			
	$t = 5$ cm	$t = 10$ cm	$t = 15$ cm	$t = 30$ cm
1	0.4	0.7	1.1	2.2
2	0.7	1.4	2.2	4.4
3	1.1	2.2	3.3	6.6
4	1.4	2.9	4.4	8.8
5	1.8	3.6	5.4	10.9
6	2.2	4.4	6.5	13.1
7	2.5	5.1	7.6	15.3
8	2.9	5.8	8.7	17.5
9	3.3	6.5	9.8	19.7
10	3.6	7.2	10.9	21.9

This table shows, mathematically, the theoretical advantage gained by taking from 1 to 10 strides inside the inner border of a lane. The distances are shown in centimetres. e.g. four strides 15 cm inside gives an advantage of 4.4 cm.

9.—A competitor after voluntarily leaving the track or course shall not be allowed to continue in the race.

In road races a competitor may leave the road with the permission and under the control of a judge, provided that by going off course he does not lessen the distance to be covered.

In field events and Decathlon and Pentathlon events, with the permission of and accompanied by a judge, a competitor may leave the immediate area of the track during the progress of the competition.

10.—Except with the prior approval of the Referee, no official nor any other person within the arena shall indicate any intermediate times to competitors.

11.—Except as provided in Rules 165 and 191 (Marathon races and long distance walking races), during the progress of an event no competitor shall receive any assistance whatsoever from any person. "Assistance" includes conveying advice or information to an athlete by any means.

Any athlete receiving advice or information must be cautioned by the referee and warned that for any repetition, he will be debarred from further participation in the competition. Any performance accomplished up to that time will stand.

12.—If a competitor is entered in both a track event and field event, or in more than one field event taking place simultaneously, the judges may allow the competitor to take his trials in an order different from that decided upon prior to the start of the competition.

13.—In a Field event, no competitor is allowed to have more than one trial recorded in any one round of the competition.

14.—A competitor in a field event who unreasonably delays making a trial renders himself liable to have that trial disallowed and recorded as a fault. It is a matter for the Referee to decide, having regard to all the circumstances, what is an unreasonable delay.

The official responsible shall indicate to the competitor that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment.

The following times, which must not be regarded as imperative, should not normally be exceeded.

- (a) *In the case of the High Jump, Long Jump, Triple Jump, Shot, Discus, Hammer and Javelin, 2 minutes; and*
- (b) *In the case of the Pole Vault, 3 minutes.*

For a second delay at any time during the competition, he shall be debarred from taking any further trials, but any performance accomplished up to that time shall stand.

15.—The Referee shall have the power to change the place of the competition in any field event, if in his opinion the conditions justify it. Such a change shall be made only after a round has been completed.

16.—Except in the case of relay races run in lanes. *See Rule 166 (2)*, competitors may not make check-marks or place objects on or alongside the running track for their assistance.

17.—*Scoring:* In matches where the result of a match is to be determined by the scoring of points, the method of scoring will, unless otherwise agreed by all the competing countries before the meeting, be as follows:

- (a) Where there are two teams with two competitors in each event: 5, 3, 2, 1.
- (b) Where there are three teams with two competitors in each event, or two teams with three competitors in each event, or six teams with one competitor in each event: 7, 5, 4, 3, 2, 1.
- (c) In relay races with two teams: 5, 2.
In relay races with three teams: 7, 4, 2.
In relay races with six teams: 7, 5, 4, 3, 2, 1.

NOTE.—The scoring system set out above is based on the number of athletes (or teams in relay races) entitled to compete in each event, and will not be changed if the number actually competing in any event is smaller.

RULE 143

Rounds, Heats and Qualifying Competitions

Track Events

1.—Preliminary rounds (heats) shall be held in track events in which the number of competitors is too large to allow the competition to be conducted satisfactorily in a single round (final).

2.—The heats and qualifying competitions shall be arranged by the Committee conducting the Meeting, except in the World Championships, when the Council of the I.A.A.F. will act. The representatives of each nation shall be placed as far as possible in different heats, which shall be so arranged that not less than six competitors shall qualify for the final.

NOTE.—When heats are being arranged, it is recommended that as much information as possible about the performances of all competitors should be considered, and the heats so drawn that normally the best performers will reach the final.

3.—In any competition where there are more competitors than can be placed in the first row, the draw for stations shall be by nations, when one competitor from each nation shall be placed in the order of the draw. Additional starters from any nation shall then be placed behind, in the same order.

4.—A competitor shall not be allowed to compete in a heat other than the one in which his name appears, except in circumstances which in the opinion of the Referee justify an alteration.

5.—In all preliminary rounds, at least the first and second in each heat shall qualify for the next round, and it is recommended that where possible at least three in each heat should qualify.

Any other competitors to qualify for the next round shall be decided either according to their placings or according to their times.

Where any competitors are to qualify by times, the order in which the heats are run shall be decided by draw after these rounds have been made up.

6.—The following minimum times must be allowed when practicable, between the last heat or any round and the first heat of a subsequent round or final:

Up to 200 metres	45 minutes
Over 200 metres to 1000 metres	90 minutes
Over 1000 metres	180 minutes

Field Events

7.—In any field event, a qualifying competition may be held if necessary, to decide who shall compete in the competition proper. The qualifying conditions shall be arranged by the Committee conducting the Meeting except in the World Championships when the Council of the I.A.A.F. will act.

The competitors shall compete in the order drawn by lot and, where possible, their names shall be placed in the programme in the order drawn. In a qualifying competition, apart from the High Jump and Pole Vault, each competitor shall be allowed three trials. A competitor once having achieved the qualifying standard shall not be allowed to continue in the qualifying

competition. At the end of the qualifying competition the order for competing in the competition proper shall be determined by a fresh drawing by lot.

NOTE.—In major competitions where there are enough competitors to warrant it, it is recommended that the qualifying competition be divided into two or more groups. Unless there are facilities for the two groups to compete at the same time and under similar conditions, the second group should start the competition immediately the first group has finished.

RULE 144

Doping

- 1.—Doping is strictly forbidden.
- 2.—Doping is the use by or distribution to an athlete of certain substances which could have the effect of improving artificially the athlete's physical and/or mental condition and so augmenting his athletic performance.
- 3.—Doping substances, for the purpose of this rule, comprise the following groups:—

- (a) *Psychomotor stimulant drugs*, e.g. Amphetamine, benzphetamine, cocaine, diethylpropion, dimethylamphetamine, methylamphetamine, fencamfamin, fenproporex, ephedrine, pemoline, phenidmetrazine, phenmetrazine, phentermine, pipradol, prolintane, and chemically or pharmacologically related compounds.
- (b) *Sympathomimetic amines*: e.g. ephedrine, methoxyphenamine, methylephedrine, and chemically or pharmacologically related compounds.
- (c) *Miscellaneous central nervous system stimulants*: e.g. amiphenasole, bemigride, leptazol, nikethamide, strychnine, and chemically or pharmacologically related compounds.
- (d) *Narcotic Analgesics*, e.g. morphine, heroin, methadone, pethidine, dextromoramide, dipipanone, and chemically or pharmacologically related compounds.
- (e) *Anabolic steroids*, e.g. methandienone, nandrolone decanoate, oxymetholone, nandrolone propionate, stanozolol, testosterone and its esters, and chemically or pharmacologically related compounds.

The above list is not necessarily comprehensive. Cases of doubt as to other substances which may be regarded as doping substances shall be referred to the Medical Committee for decision. Before any penalties are imposed under this rule, the actual doping substance must be identified.

4.—Doping controls will take place only when ordered by the I.A.A.F. or by the Area or national governing body responsible for organising or sanctioning the meeting.

They shall be carried out under the supervision of a Doping Committee for the meeting. This Doping Committee shall include, wherever possible:—the Technical Delegate of the meeting or I.A.A.F. Representative, a member or representative of the Medical Committee of the I.A.A.F. and a qualified medical officer of the organising country.

The method of selection of the athletes to be controlled shall be decided before the event by the Doping Committee. It is desirable to test the athletes finishing in the first four places of a competition, as well as other athletes determined by lot, but no details shall be disclosed before the competition. The total number of athletes tested may depend on the capacity of the Laboratory.

Where there is cause for suspicion, additional controls or tests may be ordered after the event at the discretion of the Doping Committee.

5.—An athlete who takes part in a competition must, if so requested in writing by the responsible official, submit to a doping control. Refusal to do so will result in disqualification and the athlete shall be reported to his national governing body, who shall inform the I.A.A.F.

6.—To facilitate the analysis, any form of medication administered by any route within two days of the start of the competition or event, must be declared to the Doping Committee by means of the official form.

7.—A competitor found to have a doping substance present in any of his body fluids at an athletics meeting shall be disqualified from the competition and reported to his national governing body. See Rule 53, (iv).

Likewise any person assisting or inciting others to use doping substances shall be considered as having committed an offence against I.A.A.F. Rules, and thus exposes himself to disciplinary action.

Any offences under this rule shall be reported by the national governing body to the I.A.A.F.

8.—The detailed procedure for the conduct of tests, including the collection of urine samples, the method of analysis and the use of accredited laboratories, shall be determined by the Medical Committee of the I.A.A.F. Copies of the current approved procedure shall be supplied on request by the I.A.A.F. to responsible organising bodies for the information and guidance of the Doping Committees, athletes and officials.

RULE 145

Measurements and Weights

1.—All measurements must be made with a certified steel or fibre-glass tape or bar graduated in centimetres, and/or quarter-inches, and all implements must be weighed on a governmentally approved balance.

2.—In measuring the track, two independent measurements must be made, which may not differ from each other by more than $0.0003 \times L + 0.01$ metres, where "L" is the length of the track in metres.

NOTE.—This formula gives a highest permitted difference between two measurings for:

100m	0.04m
400m	0.13m

3.—In measuring the distances of throwing, putting and jumping events, that part of the tape recording the distance achieved must be held by an official at the take-off point, the circle or scratch line. Distances, if measured in metres, shall always be recorded to the nearest 0.01m below the distance covered, i.e., fractions less than 0.01m must be ignored, except that in the case of the discus, hammer and javelin throws, distances shall be recorded in even 0.02m units (e.g. 62.44m, 62.46m, etc.) to the nearest unit below. Distances, if measured in feet, shall be recorded to the nearest quarter-inch below the distance covered, except that in the case of the discus, hammer and javelin throws, distances shall be recorded in units of 1 inch, to the nearest inch below. In jumping for height, all measurements shall be made perpendicularly from the ground with a certified steel or fibre-glass tape or bar to the lowest part of the upper side of the bar.

NOTE.—For measurements for World Records for all field events, see Rule 148 para. 9 (a).

4.—A scientific measuring apparatus, such as a datum line measurer, the accuracy of which is approved by the Govern-

mental Weights and Measures department of the country where the events are held, may be used.

5.—In events over roads, the course shall be measured one metre from the verge of the road and in the direction of the race. A certificate of correctness shall be furnished by the official surveyor—see Rule 126. It is recommended that a wheel or exact circumference which will record on a counter the number of revolutions be used. The speed of operation of the wheel should not exceed 3 miles or 5000 metres per hour and the counter must be checked against a stretch of road—not running track—not less than one kilometre in length accurately measured by a surveyor's chain, steel tape or fibre-glass tape.

See also Rules 165 (Marathon) and 191 (Walking)

NOTE.—*Instructions setting out the recommended method of measuring road courses may be obtained on application to the I.A.A.F. Bureau.*

RULE 146

Ties

Ties shall be decided as follows:

Track Events

1.—In the event of a tie in any heat which affects the qualification of competitors to compete in the next round or final, where practicable, the tying competitors shall both qualify, failing which they shall compete again. In case of a tie for first place in any final, the Referee is empowered to decide whether it is practicable to arrange for the competitors so tying to compete again. If he decides it is not, the result will stand. Ties in other placings shall remain.

Field Events

2.—In jumping or vaulting for height:

- (a) The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- (b) If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- (c) If the tie still remains, the competitor with the lowest total number of jumps (whether successful or not) throughout the competition up to and including the height last cleared shall be awarded the higher place.

Example—High Jump

	1.78m	1.82m	1.85m	1.88m	1.90m	1.92m	1.94m	Total Failures	Total Jumps	Per cent.
	5' 10"	6' 0"	6' 1"	6' 2"	6' 3"	6' 4"	6' 5"			
A	—	XO	O	XO	XO	XXO	XXX	4	8	2
B	O	O	O	X—	XO	XXO	XXX	4	9	3
C	O	O	X—	XXO	XO	XXO	XXX	5	—	4
D	O	—	—	—	XXO	XO	XXX	—	—	1

O = Cleared.

X = Failed.

— = Did not jump.

A, B, C and D all cleared 1.92 metres (6 ft. 4 in.) and failed at 1.94 metres (6 ft. 5 in.).

The rule regarding ties comes into operation, and as "D" cleared 1.92 metres (6 ft. 4 in.) at his second attempt, the others taking three, he is declared the winner.

The other three will tie and the Judges add up the total number of failures, up to and including the height last cleared, i.e., 1.92 metres (6 ft. 4 in.).

"C" has more failures than "A" or "B", and is therefore awarded fourth place. "A" and "B" still tie and the Judges add up the total number of jumps up to and including the height last cleared, i.e., 1.92 metres (6 ft. 4 in.). "A" being awarded second place.

(d) If the tie still remains:

- (i) If it concerns the first place, the competitors tying shall have one more jump at the height at which they failed, and if no decision is reached, the bar shall be lowered or raised to the heights which shall be announced; they shall then attempt one jump at each height until the tie is decided. Competitors so tying must jump on each occasion when deciding the tie.
- (ii) If it concerns any other place, the competitors shall be awarded the same place in the competition.

3.—In those field events where the result is determined by distance, the second best performance of the competitors tying shall decide the tie. If the tie still remains, the third best, and so on.

NOTE.—It is recommended that in international matches, where two or more competitors tie, the rules for deciding ties should not apply, the points for the places concerned being shared.

RULE 147**Protests**

1.—Protests concerning the status of an athlete to participate in a meeting must be made, prior to the commencement of such meeting, to the Jury of Appeal, or, if no Jury has been appointed, to the Referee. If the matter cannot be settled satisfactorily prior to the meeting, the athlete shall be allowed to compete "under protest" and the matter be referred to the Council of the I.A.A.F.

2.—Protests relating to matters which develop during the carrying through of the programme should be made at once, and not later than within thirty minutes after the result has been officially announced. The Organisers of the meeting shall be responsible for ensuring that the time of the announcement of all results is recorded.

3.—Any protest shall in the first instance be made orally to the Referee by the athlete himself or by someone acting on his behalf. To arrive at a fair decision, the Referee should consider any available evidence which he thinks necessary, including a film or picture produced by an official video tape recorder. The Referee may decide on the protest or may refer the matter to the Jury. If the Referee makes a decision, there shall be a right of appeal to the Jury.

4.—An application to the Jury of Appeal must be in writing signed by a responsible official on behalf of the athlete and must be accompanied by a deposit of \$10.00 or its equivalent before the appeal is heard. The deposit will be forfeited if the protest is considered to be frivolous. To arrive at a fair decision, the Jury of Appeal shall consult all other available evidence and interview all those whom they consider necessary.

RULE 148**World Records**

1.—When a World Record is set up by an athlete or by a team, the I.A.A.F. Member in the country where the record performance was made shall collect together, without delay, all the information required for the ratification of the record by the I.A.A.F.

The Member should immediately inform the I.A.A.F. of its intention to submit the performance.

2. The official application form of the I.A.A.F. shall be

filled in and forwarded to the I.A.A.F. Bureau within three months.

If the application concerns a foreign athlete or a foreign team, a duplicate of the form shall be sent within the same period to the National Association of the athlete or of the team in question. Application may be made only on behalf of an athlete or athletes who are under the jurisdiction of a Member of the I.A.A.F.

3.—The National Association of the country where the record was set up shall send, with the official application form:—

- (a) The printed programme of the meeting;
- (b) The complete results of the event in question;
- (c) The photofinish photograph in the case of a track record where fully automatic electrical timekeeping was in operation;
- (d) The complete results sheet in the case of a field event record.

4.—However, for the competitions referred to in Rule 12, paragraph 1 (a) the above formalities need not be carried out.

5.—The following conditions shall apply to all World Records:—

- (a) The record must be made out of doors and must not have been made on a wooden surface.
- (b) The record must be made in a bona fide competition which has been duly fixed, advertised and authorised before the day by the I.A.A.F. Member of the country where the event takes place. This competition with the name of the competitors taking part must have been mentioned in the printed programme of the meeting.
- (c) The Organisers of the competition shall refrain from stating or including in any advertisement, programme or document of any kind the suggestion that any event will be an attempt upon a record.
- (d) The record must be better than or equal to the result in the latest world record list in the event in question.
- (e) Records made in Heats or Qualifying Competitions, in deciding ties and in individual events in the Pentathlon and Decathlon Competitions may be submitted for ratification.

6.—In the case of Women's records, unless the athlete's name appears on the I.A.A.F. register (*see Rule 141, paragraph 4*), an application must be accompanied by a medical certificate as to sex, drawn up by a qualified medical doctor recognised by the National Association of the athlete (athletes) for whom the record is claimed.

No performance set up by an athlete will be recognised if it has been accomplished during a mixed competition.

7.—(a) Running and Walking records may be made only on a track which is not banked and will be recognised only if the track has a raised border as specified in Rule 161 (1) or, in the case of a grass track, only if it is marked and flagged in accordance with the above Rule.

(b) A race must be stated to be over one distance only and all competitors shall compete at that distance. It is therefore not considered a bona fide competition if any of the athletes compete at a shorter distance than others in the same race.

However, a race based on the distance covered over a given time (*see Rule 162, paragraph 12*) may be combined with a race over a fixed distance (for example, 1 Hour and 20 Km).

It is permissible for the same athlete to accomplish in the same race any number of records.

It is permitted for several athletes to accomplish different records in the same race.

However, it is not permissible for an athlete to be credited with a record at a shorter distance if he did not finish the full distance for which the race had been fixed.

(c) Running and Walking records must be timed by official timekeepers as provided in Rule 119 (and accepted by the National Association as such), or by an approved fully automatic electrical timekeeping device (*see Rule 119*).

For races up to and including 400 metres, only performances timed by an approved fully automatic electrical timing device shall be accepted. New World Records for these events will be recognised only when the previous record is bettered by at least 0.02 seconds.

(d) For any record at any distance greater than 200 metres to be recognised, the track on which it was made must not exceed 400 metres or 440 yards and the race must have started

on some part of the perimeter. This limitation does not apply to Steeplechase events where the Water Jump is placed outside a normal 400 metres track.

(e) On any track with more than 8 lanes, records made in any lane beyond the 8th shall not be accepted.

(f) For all records up to and including 200 metres, information concerning wind speed, measured as indicated in Rule 149, must be submitted. If the component of the wind measured in the direction of running behind the competitor averages more than 2 metres per second, the record will not be accepted.

(g) In a race run in lanes, no record will be accepted where the runner has run on or inside the inner curved border of his lane.

(h) A relay record may be made only by a team all of whose members are citizens of a single Member country. Citizenship may be obtained in any of the ways referred to in Rule 12, paragraph 8.

A colony which is not in separate Membership of the I.A.A.F. shall be deemed, for the purpose of this Rule, to be part of its Mother Country.

(i) The time set up by the first runner in a relay team may not be submitted as a record.

8.—For Walking records, the track must be an oval from 350 metres minimum to 500 metres maximum, with 2 curves and 2 straights from 60 metres minimum to 120 metres maximum.

9.—(a) Records in field events must be measured by 3 Field Judges with a certified steel tape, graduated in centimetres, or by a scientific apparatus approved by the governmental Weights and Measures Department of the country where the event is held. Measurements for world records in field events must be made and submitted in metres to the nearest 0.01 metre below, except that in the case of the Discus, Javelin and Hammer throws, the distances shall be recorded in even 0.02 metre units to the nearest unit below (e.g. 62.44m, 62.46m etc.).

(b) In field events, a performance may be submitted for ratification if it took place during an event where a handicap was combined with the scratch competition.

(c) In the Long Jump and Triple Jump, information concerning wind speed, measured as indicated in Rule 149, must be submitted. If the component of the wind measured in

the direction of jumping behind the competitor averages more than 2 metres per second, the record will not be accepted.

10.—When a record is claimed for the Pentathlon or Decathlon, the conditions imposed for recognising records in individual events must have been complied with in the 5 or 10 events. However, a record will be recognised even though the wind speed exceeded 2 metres per second (see paragraphs 7 (f) and 9 (c)) provided it was not more than 4 metres per second.

11.—The President and the General Secretary of the I.A.A.F. together are authorised to recognise world records. If they are in any doubt whether or not the record should be accepted, the case shall be referred to the Council for decision.

The I.A.A.F. will inform the Member applying for a World Record as well as the athlete's National Association, where these are not the same, that the record has been ratified. If the record is not ratified, the reasons why the record was not accepted will be supplied.

12.—The I.A.A.F. Bureau shall keep lists of World Records and Olympic Records. These lists shall be revised once a year and a copy forwarded to each Member of the I.A.A.F.

13.—Members of the I.A.A.F. shall keep a list of the National Records of their own country. Copies of this list shall be forwarded to the I.A.A.F. Bureau in January each year.

NOTES:—

1.—*The official World Record Plaques as designed by the I.A.A.F. for presentation to World Record holders will be supplied by the I.A.A.F., provided National Associations remit the cost.*

2.—Refer to Rule 381 as to events for which World Records are recognised.

3.—*Continental Associations must apply all the conditions laid down in this rule for the ratification of their own Continental Records.*

4.—*It is recommended that National Federations adopt similar rules to the above for the recognition of their own National records.*

RULE 149

Wind Measurement

The periods for which the wind velocity shall be measured are as follows, from the flash of the pistol or approved apparatus:—

	Seconds
100 metres ...	10
100 metres Hurdles	13
110 metres Hurdles	13

In 200 metres run on a curve, the wind velocity shall be measured for a period of 10 seconds, commencing as the runners enter the straight.

In the Long Jump and Triple Jump, it shall be measured for a period of 5 seconds from the time a competitor passes a mark placed alongside the runway, in the case of the Long Jump—40 metres, and in the case of the Triple Jump—35 metres, from the take-off board; or if a competitor runs less than 40 metres or 35 metres as the case may be, from the time he commences his run.

When the wind speed is taken into consideration, the wind measuring instrument shall be set up half-way down the straight and for the jumps, 20 metres from the take-off board. The instrument shall be not more than 2 metres away from the track or runway and shall be approximately 1.22 metres high.

RULE 150

Official Implements

1.—In all international competitions the implements used must comply with the specifications for official implements set out in Rules 161–185.

2.—All such implements shall be provided by the organisers of the meeting. No competitor is allowed to use any other implements, with the exception of vaulting poles and starting blocks, in which case they may use their own, provided these comply with the conditions laid down in the rules. See also Rule 162 (*Starting Blocks*) and Rule 172 (*Vaulting Pole*).

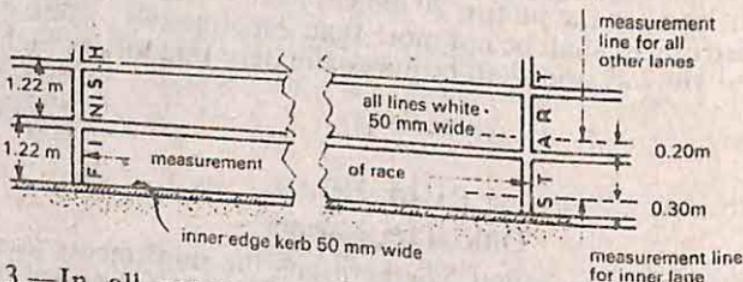
SECTION III RUNNING EVENTS

RULE 161

Track and Lanes

1.—The length of the running track should be not less than 400 metres (or 400 yards). The track should be not less than 7.32 metres (24 ft.) in width and if possible be bordered on the inside with cement, wood or other suitable material, 50 millimetres (2 in.) in height, and not more than 50 millimetres (2 in.) in width. Where it is not possible for the inner edge of the running track to have a raised border, the inner edge shall be marked with lines 50 millimetres (2 in.) in width. Where it is a grass track it shall also be flagged at intervals of 5 metres (or 5 yards). Flags must be so placed on the line as to prevent any competitor running on the line, and they shall be placed at an angle of 60 degrees with the ground away from the track. Flags approximately 0.25 metres (10 in.) by 0.20 metres (8 in.) in size mounted on a staff of 0.45 metres (18 in.) long are the most suitable for the purpose.

2.—The measurement shall be taken 0.30m (1 ft.) outward from the inner border of the track or, where no border exists, 0.20m (8 in.) from the line marking the inside of the track.



3.—In all races up to and including 440 yards, each competitor shall have a separate lane, with a minimum width of 1.22 metres—4 feet—and a maximum width of 1.25 metres—4 feet 1 $\frac{1}{4}$ inches—to be marked by lines 50 mm—(2 inches)—in width. The inner lane shall be measured as stated in paragraph 2 above, but the remaining lanes shall be measured 0.20m (8 in.) from the outer edges of the lines.

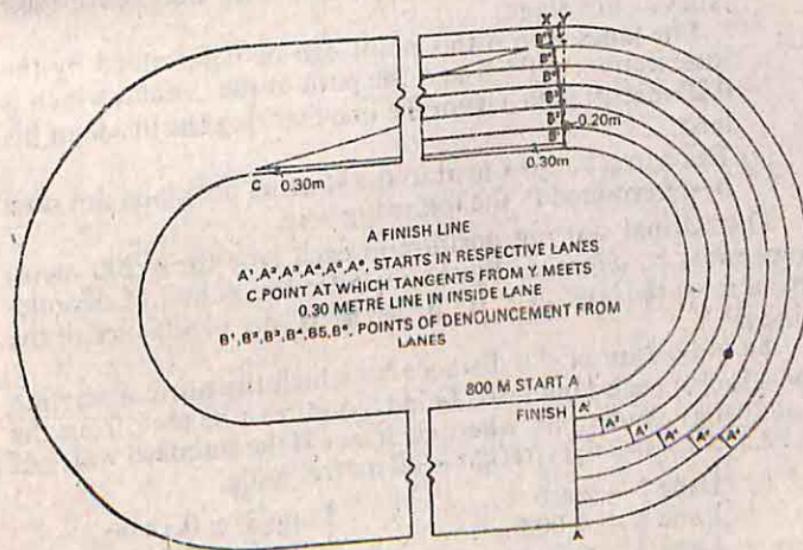
NOTES.—*The line on the right hand only of each lane shall be included in the measurement of the width of each lane.*
See Rule 142, paragraph 7 and 8—“Athletes keeping to allotted lanes”.

- 4.—The direction of running shall be left-hand inside.
 5.—In international meetings the track should allow for at least six lanes, and where possible should allow for eight lanes, particularly for major international events.
 6.—The maximum allowance for lateral inclination of tracks shall not exceed 1:100 and the inclination in the running direction shall not exceed 1:1000.
800 metres (880 yards) event

- 7.—In Olympic Games, the World Cup and all Area or Group Games or Championships, the 800 metres event shall be run in lanes as far as the end of the first bend, the maximum number of available lanes being used.
 The starts shall be so staggered that the distance from start to finish shall be the same for each competitor.

NOTE.—In international matches, countries may reach agreement not to use lanes.

SETTING OUT STARTS FOR 800 METRES WHERE THE FIRST CURVE IS RUN IN LANES.



NOT TO SCALE

As the runners are permitted to leave their respective lanes on entering the back straight, the starting positions must care for two factors. First, the normal échelon allowance which would be applicable were the race to be of 200 metres starting at the same point on the track; secondly, an adjustment to the starting point in each lane to compensate for the runners in the outside lane having farther to go to reach the inside position on the track at the end of the back straight than those in the inside lanes. The following method of arriving at the starting position in each lane is recommended.

- (a) Mark B^1 in the inside lane at the point of entry into the back straight 0.30m (12 in.) from the inside kerb.
- (b) Fix point Y, which is the point in the outer lane in prolongation of the line $A B^1$ 0.20m (8 in.) from the inner line of the lane.
- (c) Fix point C, which is the point on the path of the runner, namely 0.30m (12 in.) from the inside kerb at which the back straight ends and the bend begins.
- (d) With radius $C B^1$ describe an arc across the track $B^1 X$. This line must be flagged at each end with a flag set on a post at least 1.50 metres (5 ft.) high on each side of the track and with a line 0.05m (2 in.) wide across the track. This indicates to the runners that they may leave their lanes at this stage.

For lanes 2 to 6 this point can be determined by the intersection of $B^1 X$ and the path of the runner, which is 0.20 metres (8 in.) from the line marking the inside of his lane.

- (e) The correct adjustment to the starting positions can now be determined in the following way.

The normal starting position in each lane for a 200 metre race must be *advanced* by the distance the points of dénouement from the lanes, viz: $B^2 B^3 B^4 B^5 B^6$ are in advance of the line $B^1 Y$.

An indication of the distance by which the normal starting position in each lane must be advanced can be seen from the following calculations, where each lane is the standard width of 1.22 metres and the straight is 80 metres long:

Lane 1 + zero

Lane 2 + 0.007m

Lane 3 + 0.034m

Lane 4 + 0.079m

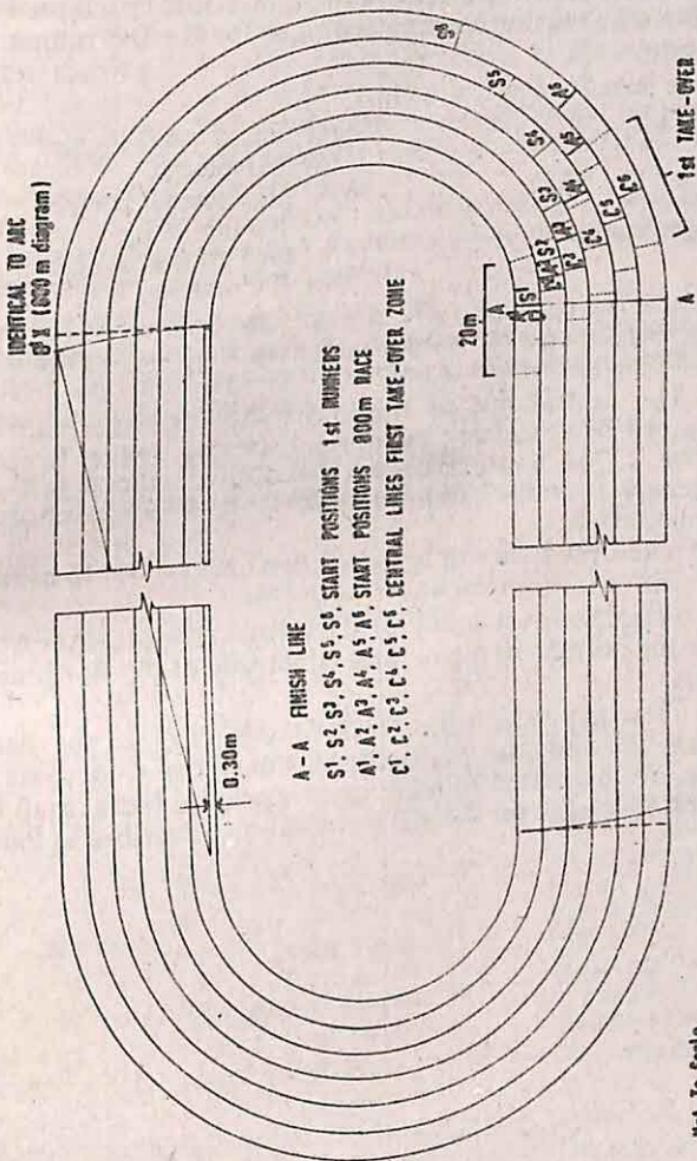
Lane 5 + 0.145m

Lane 6 + 0.224m

Lane 7 + 0.325m

Lane 8 + 0.444m

SETTING OUT STARTS AND CHANGE OVER AREAS
 FOR 4 × 200 METRES (AND 4 × 400 METRES) RELAY, WHERE
 ONE LAP PLUS ONE COMPLETE CURVE IS RUN IN LANES



8.—In the 4×200 metre and 4×400 metre Relays, the first runner in each team has to cover the full lap in lanes and the second runner has to keep in his lane until entry to the back straight. The following method should therefore be adopted to determine the echelon starting positions for the first runner in each team:

Inside lane S¹ identical with A¹.

Lane 2	S ²	= A ² plus normal stagger for 400 metres.
Lane 3	S ³	= A ³ plus normal stagger for 400 metres.
Lane 4	S ⁴	= A ⁴ plus normal stagger for 400 metres.

NOTE.—The positions A², A³, A⁴, etc. allow for the 200 metres stagger, plus the compensatory adjustments as set out in the Table shown in para. 7 (e).

9.—The central line of the first take-over zones can be determined by advancing the normal starting stagger in each lane for a 200 metre race by the distance the points of dénouement from the lanes, viz. B² B³ B⁴ B⁵ B⁶ are in advance of the line B¹ Y.

The take-over zone will be within two lines set out 10 metres either side of this central line in each lane.

10.—The take-over zones for the second and last take-overs will be the normal 10 metre lines either side of the start/finish line AA.

11.—The arc across the track at the entry to the back straight, showing the positions at which the second stage runners are permitted to leave their respective lanes, shall be identical to the arc for the 800 metres event, described in Para. 7 (d).

RULE 162 The Start and the Finish

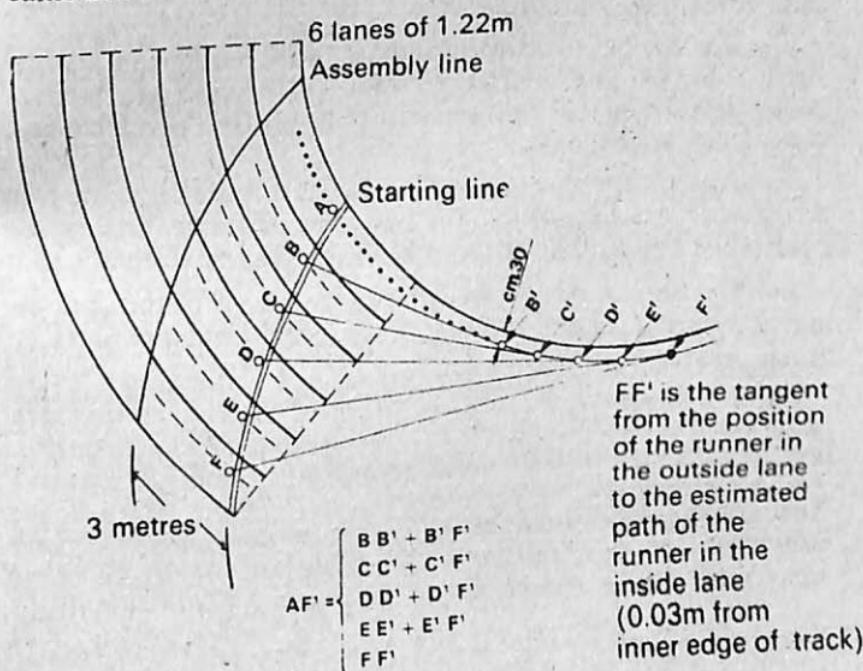
1.—The start and the finish of a race shall be denoted by a line 0.05m (2 in.) in width at right angles to the inner edge of the track. The distance of the race shall be measured from the edge of the starting line further from the finish, to the edge of the finish line nearer to the start.

Finish Posts. Two white posts shall denote the extremities of the finish line, and shall be placed at least 30 centimetres (1 ft.) from the edge of the track.

The finish posts shall be of rigid construction of about 1.37 metres (4 ft. 6 in.) in height, 8 centimetres (3 in.) in width and 2 centimetres (0.75 in.) in thickness.

Curved Start—Method of Setting out

In all races not run in lanes the starting line shall be curved, so that wherever it occurs on the track, all the runners start the same distance from the finish.



2.—All races shall be started by the actual report of a pistol or any similar apparatus fired upwards into the air, but not before all the competitors are quite still on their marks.

3.—At all international meetings, the words of the Starter in his own tongue shall in races up to and including 440 yards be "On your marks", "Set", and when all competitors are "Set", the pistol shall be fired. In races over 440 yards, the words shall be "On your marks" and when all competitors are steady, the pistol shall be fired.

4.—If for any reason the Starter has to speak to any competitor after the competitors are on their marks, he shall order all competitors to stand up and the Starter's assistants shall place them on the assembly line again.

A competitor must not touch either the start line or the ground in front of it with his hands or his feet when on his marks.

5.—On the command "On your marks" or "Set" as the case may be all competitors shall at once and without delay assume their full and final set position.

Failure to comply with this command after a reasonable time shall constitute a false start.

6.—If a competitor leaves his marks with hand or foot after the words "On your marks" or "Set" as the case may be (see paragraph 3 above), and before the pistol is fired it shall be considered a false start.

7.—Any competitor making a false start must be warned. If a competitor is responsible for two false starts or three in the case of the Pentathlon or Decathlon, he shall be disqualified.

8.—The Starter or any Recall Starter who is of the opinion that the start was not a fair one, shall recall the competitors by firing a pistol.

NOTE.—In practice, when one or more competitors makes a false start, others are inclined to follow and, strictly speaking, any competitor who does so follow has also made a false start. The Starter should warn only such competitor or competitors who, in his opinion, were responsible for the false start. This may result in more than one competitor being warned. If the unfair start is not due to any competitor, no warning shall be given.

Starting Blocks

9.—Starting blocks which comply with the following general specifications may be used.

(i) Starting blocks must be entirely rigid in construction and must give no unfair advantage to the athlete.

- (ii) They may be fixed to the track by a number of pins or spikes, arranged to cause the minimum possible damage to the track. The arrangement must permit the starting blocks to be quickly and easily removed. The number, thickness and length of the pins or spikes depends on the track construction.
- (iii) When an athlete uses his own starting blocks they shall comply with paragraphs (i) and (ii) above. They may be of any design or construction, provided that they do not interfere with other athletes.
- (iv) When starting blocks are provided by the Organisers they shall in addition comply with the specifications of this paragraph (iv).

The starting blocks shall consist of two foot plates, against which the athlete's feet are pressed in the starting position. The foot plates shall be mounted on a rigid frame, which shall in no way obstruct the athlete's feet as they leave the blocks.

The foot plates shall be sloped to suit the starting position of the athlete, and may be flat or slightly curved i.e. concave. The surface of the foot plates shall be prepared to accommodate the spikes in the athlete's shoes, either using slots or recesses in the face of the foot plate, or by covering the surface of the foot plate with a soft material of suitable thickness such as rubber.

The mounting of the foot plates on a rigid frame may be adjustable, but it must allow no movement during the actual start. In all cases, the foot plates shall be adjustable forward or backward in relation to each other. Where adjustments are provided, they must be secured by firm clamps or locking mechanisms, which can be easily and quickly operated by the athlete.
- (v) Starting blocks may be fitted with approved false start detection apparatus for the assistance of Starters

10.—Where starting blocks are used, both feet and both hands must be in contact with the ground when the competitor is in the set position.

They may be used only in races not exceeding 440 yards and in relay races only by those competing over the first stage provided that stage does not exceed 440 yards.

In the Olympic Games, World Cup and Area and Group

Games or Championships, competitors may use only starting blocks approved by the organisers of the meeting. In all other competitions, except those held on all-weather tracks, competitors may use their own blocks.

On all-weather tracks, the organisers may insist that only starting blocks provided by them may be used.

The Finish

11.—Unless in the opinion of the Referee it is undesirable because of the direction and the velocity of the wind, worsted shall be stretched across the track between the finish posts 1.22 metres (4 ft.) above the ground and fastened to the posts for the purpose of assisting the Referee and Judges in placing the competitors. It shall be immediately above the edge of the finish line which is nearer to the start.

12.—The competitors shall be placed in the order in which any part of their bodies (i.e. "torso" as distinguished from the head, neck, arms, legs, hands or feet) reaches the nearer edge of the finish line as defined above.

NOTE.—A photo-finish camera should be used wherever possible; when it is used, it must be referred to before a final decision is arrived at. (See also Note to Rule 119, Para. 6.)

13.—In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the pistol exactly one minute before the end of the race to warn competitors and judges that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper, and at exactly the appropriate time after the start, he shall signal the end of the race by again firing the pistol. At the moment the pistol is fired to signal the end of the race, the Judges appointed for that purpose shall mark the exact spot where each competitor touched the track for the last time before or simultaneously with the firing of the pistol. The distance achieved shall be measured to the nearest metre or yard behind the rear edge of the last footprint of the competitor. One Judge at least must be assigned to each competitor before the start of the race for the purpose of marking the distance achieved.

(NOTE.—Refer also to Rule 120 and 121 for the duties of the Starter, Recall Starters and Starter's Assistants.)

RULE 163

Hurdle Races

1.—*Distances.* The following are the standard distances:

MEN

120, 220, 440 yards
110, 200, 400 metres

WOMEN

100, 400 metres

MEN. There shall be ten flights of hurdles in each lane, set out in accordance with the following table:

Distance of race	Height of Hurdle	Distance from scratch line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
metres	metres	metres	metres	metres
110	1.067	13.72	9.14	14.02
200	0.762	18.29	18.29	17.10
400	0.914	45	35	40
Yards		Yards	Yards	Yards
120	3ft. 6in.	15	10	15
220	2ft. 6in.	20	20	20
440	3ft. 0in.	49.25	38.25	46.5

WOMEN. There shall be ten flights of hurdles in each lane, set out as follows:

Distance of race	Height of Hurdle	Distance from scratch line to first hurdle	Distance between hurdle	Distance from last hurdle to finish line
metres	metres	metres	metres	metres
100	0.840	13	8.5	10.5
400	0.762	45	35	40

2.—*Construction.* The hurdles shall be made of metal or some other suitable material with the top bar of wood or other suitable material. They shall consist of two bases and two

uprights supporting a rectangular frame, reinforced by one or more cross-bars, the uprights to be fixed at the extreme end of each base. The hurdle shall be of such a design that a force at least equal to the weight of 3.6 kilograms (8 lb.) applied to the centre of the top edge of the crossbar is required to overturn it. The hurdle may be adjustable in height for each event. The counterweights must be adjustable so that at each height a force at least equal to the weight of 3.6 kilograms (8 lb.) and not more than 4 kilograms (8 lb. 13 oz.) is required to overturn it.

3.—*Measurements.* The standard heights of the hurdles shall be:

Women

100 metres

0.84 metres (2 ft. 9 in.)

400 metres

0.762 metres (2 ft. 6 in.)

Men

110 metres, 120 yards

1.067 metres (3 ft. 6 in.)

200 metres, 220 yards

0.762 metres (2 ft. 6 in.)

400 metres, 440 yards

0.914 metres (3 ft. 0 in.)

The maximum width shall be 1.20 metres (3 ft. 11 in.)

The maximum length of the base shall be 0.70 metres (2 ft. 3½ in.)

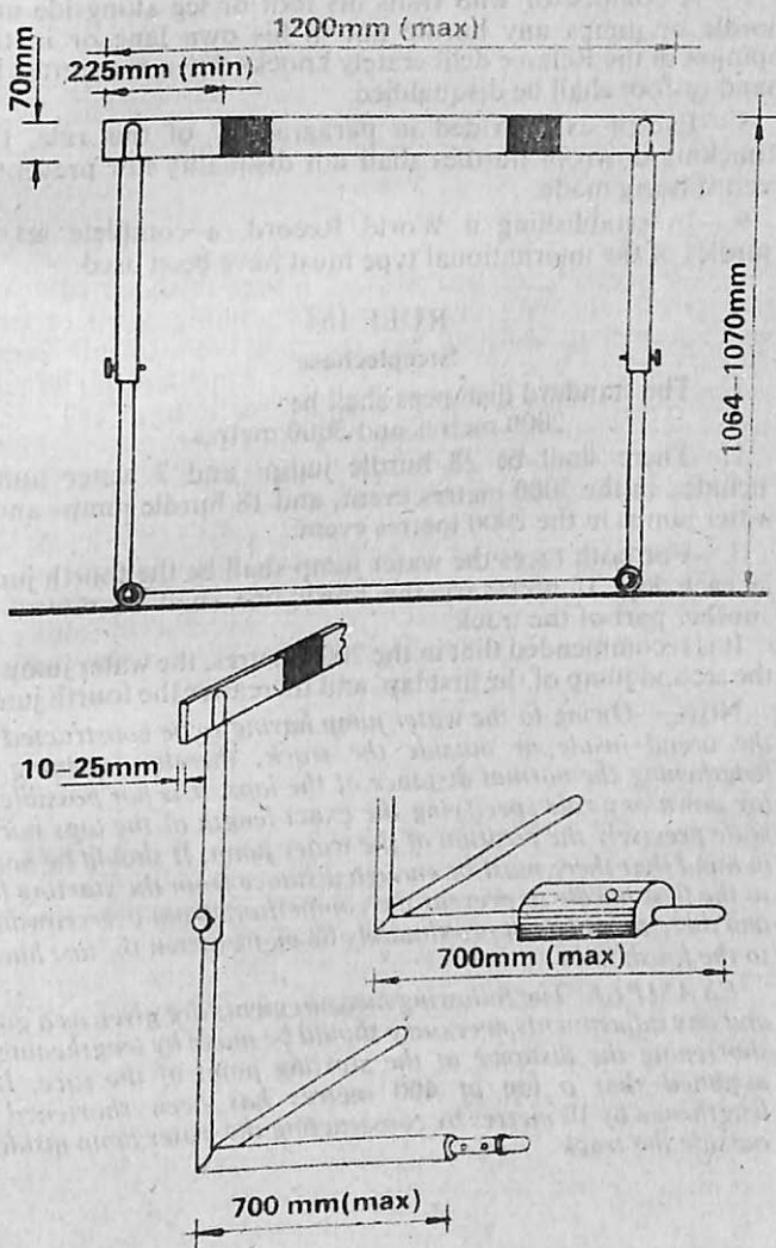
The total weight of the hurdles shall be not less than 10 kilograms (22 lb. 0.75 oz.).

NOTE.—In each case there shall be a tolerance allowance of 3 millimetres (0.125 in.) above and below the standard heights, to allow for variation in the manufacture.

4.—The width of the top bar shall be 70 millimetres (2.75 in.). The thickness of this bar should be between 10 and 25 millimetres. The bar should be firmly fixed at the extremities.

5.—*Finish.* The top bar should be striped in black and white in such a manner that the white stripes appear at the end of each hurdle and that they shall be at least 225 millimetres (9 in.) in width. The hurdle shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor.

NOTE.—To check the resisting force of hurdles a simple spring-balance should be used by the application of a pulling force to the centre of the cross-bar. Alternatively use a cord with a hook, applied to the centre of the cross-bar, take the cord along over a pulley fixed conveniently and load the other end of the cord with weight.

EXAMPLE OF APPROVED HURDLE (110m H.)

6.—All races shall be run in lanes and each competitor shall keep to his own lane throughout.

7.—A competitor who trails his foot or leg alongside any hurdle or jumps any hurdle not in his own lane or in the opinion of the Referee deliberately knocks down any hurdle by hand or foot shall be disqualified.

8.—Except as provided in paragraph 7 of this rule, the knocking down of hurdles shall not disqualify nor prevent a record being made.

9.—In establishing a World Record, a complete set of hurdles of the international type must have been used.

RULE 164

Steeplechase

1.—The standard distances shall be:

2000 metres and 3000 metres.

2.—There shall be 28 hurdle jumps and 7 water jumps included in the 3000 metres event, and 18 hurdle jumps and 5 water jumps in the 2000 metres event.

3.—For both races the water jump shall be the fourth jump in each lap. If necessary the finish line shall be moved to another part of the track.

It is recommended that in the 2000 metres, the water jump be the second jump of the first lap, and thereafter the fourth jump.

NOTE.—Owing to the water jump having to be constructed on the arena inside or outside the track, thereby lessening or lengthening the normal distance of the laps, it is not possible to lay down any rule specifying the exact length of the laps nor to state precisely the position of the water jump. It should be borne in mind that there must be enough distance from the starting line to the first hurdle to prevent the competitors from overcrowding, and there should be approximately 68 metres from the last hurdle to the finish line.

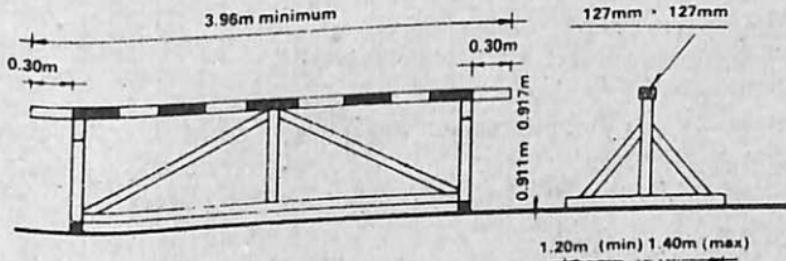
EXAMPLE: The following measurements are given as a guide and any adjustments necessary should be made by lengthening or shortening the distance at the starting point of the race. It is assumed that a lap of 400 metres has been shortened or lengthened by 10 metres by constructing the water jump inside or outside the track.

	Lap of 390 metres	Lap of 410 metres
Distance from start to beginning of 1st lap, to be run without jumps ...	270 metres	130 metres
Distance from beginning of 1st lap to 1st hurdle ...	10 m	10 m
From 1st to 2nd hurdle ...	78 m	82 m
From 2nd to 3rd hurdle ...	78 m	82 m
From 3rd hurdle to water jump	78 m	82 m
From water jump to 4th hurdle	78 m	82 m
From 4th hurdle to finishing line	68 m	72 m
7 laps of 390 m = 2730 metres		7 laps of 410 m = 2870 metres
	3000 metres	3000 metres

4.—In the 3000 metres Steeplechase the distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the competitors have entered the first lap.

5.—The hurdles shall be 0.914 metres high (3 ft.) with a tolerance of 3 millimetres above or below this height and shall be at least 3.96 metres (13 ft.) in width. The section of the top bar of the hurdles, and the hurdle at the water jump, shall be 127 millimetres (5 in.) square.

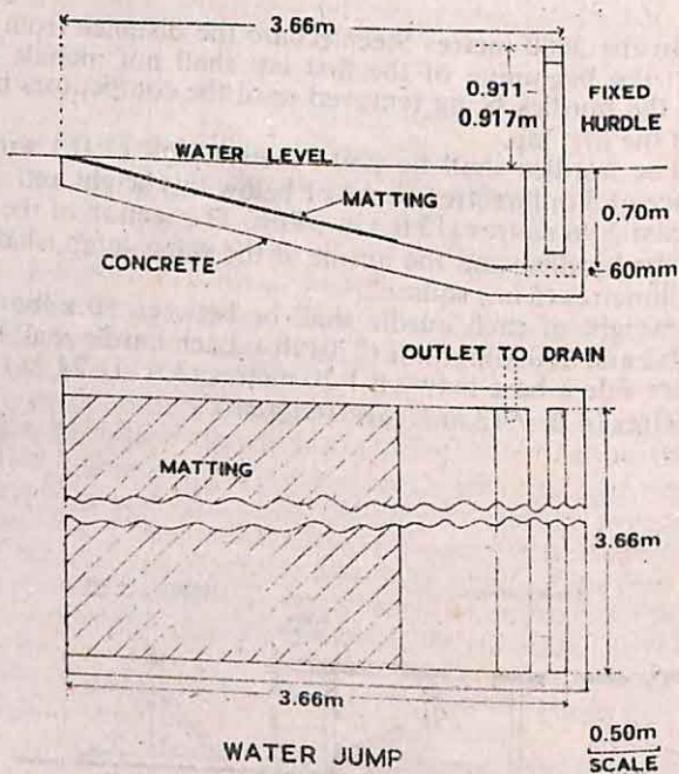
The weight of each hurdle shall be between 80 kilograms ($176\frac{1}{2}$ lb.) and 100 kilograms ($220\frac{1}{2}$ lb.). Each hurdle shall have on either side a base between 1.20 metres (3 ft. 11.24 in.) and 1.40 metres (4 ft. 7.12 in.). (See Diagram).



The hurdle shall be placed on the track so that 0.30 metres (1 ft.) of the top bar, measured from the inside edge of the track, will be inside the field.

6.—The water jump, including the hurdle, shall be 3.66 metres (12 ft.) in length and width. The water shall be 0.70 metres (2 ft. 3½ in.) in depth in front of the hurdle and slope to the level of the ground at the further end. The hurdle at the water jump shall be firmly fixed in front of the water and be of the same height as the others in the competition.

To ensure safe landing of the competitors, the bottom of the water jump shall be covered at the further end with suitable material, at least 3.66 metres wide and 2.50 metres long, the thickness of which should not exceed approximately 25 mm.



7.—Each competitor must go over or through the water, and anyone who steps to the one side or the other of the jump or trails his foot or leg alongside any hurdle shall be disqualified. He may jump or vault over each hurdle, or place a foot on each hurdle and on the hurdle at the water jump.

RULE 165

Marathon Race

(42 195 metres—26 miles 385 yards)

1.—The Marathon race shall be run on made-up roads; when traffic or similar circumstances make it unsuitable, the course, duly marked, may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

NOTE.—It is desirable to have a course with a single turning point, or, alternatively, a single circuit.

NOTE.—See Rule 145 (5) re measurement of course.

2.—A competitor must retire at once from the race if ordered to do so by a member of the medical staff officially appointed.

3.—The distance in kilometres and miles on the route shall be displayed to all competitors.

4.—Refreshments shall be provided by the Organisers of the Race at approximately 5 km. or 3 miles and thereafter at approximately every 5 km. or 3 miles.

In addition, the organisers shall provide sponging points where water only shall be supplied, midway between two refreshment stations. No refreshment may be carried or taken by a competitor other than that provided or approved by the organisers. A competitor may submit to the organisers the type of refreshment desired, and this, if approved, must then be handed in to the organisers at a time and place specified by them. It shall be available at the stations nominated by the competitor. The refreshments shall be placed in such a manner that they are easily accessible for the competitors or so that they may be put into the hands of the competitors. A competitor taking refreshments at a place other than the refreshment points appointed by the organisers renders himself liable to disqualification. *See also Rule 142 (11).*

5.—The organisers of the Marathon Race must take care to ensure the safety of competitors. In the case of Olympic Games and Area or Group Championships or Games, the organisers must, where possible, give an assurance that the roads to be used for the Marathon will be closed in both directions i.e. not open to motorised traffic.

RULE 166

Relay Races

1.—Lines shall be drawn across the track to mark the distances of the stages and to denote the scratch line.

2.—Lines also shall be drawn 10 metres (11 yards) before and after the scratch line to denote the take-over zone, within which lines the baton must be passed. These lines are to be included in the zonal measurements.

In races up to 4×220 yards (4×200 metres) members of a team other than the first runner may commence running not more than 10 metres (11 yards) outside the take-over zone. A distinctive mark shall be made in each lane to denote this extended limit.

In 4×200 metres (or 4×220 yards) relay races, the first two stages, as well as that part of the third stage up to the exit from the first bend, will be run entirely in lanes. (See pages 86-87).

In 4×400 metres (or 4×440 yards) relay races, the first lap, as well as that part of the second lap up to the exit from the first bend, will be run entirely in lanes.

The competitors are free to take over any position on the track at the entrance to the following straight, which shall be marked with a flag set on a post at least 1.50 metres (5 ft.) high on each side of the track and with a line 50 millimetres (2 in.) wide across the track. The distance from start to finish shall be measured in such a way that the competing teams shall each run the same distance of 4×200 metres (4×220 yards) or 4×400 metres (4×440 yards).

NOTE.—In the 4×400 metres (or 4×440 yards) relay, where not more than 3 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes.

3.—*Check marks.* When a relay race is being run in lanes, a competitor may make a check-mark on the track within his own lane, e.g. by scratching with his shoe, but may not place marking objects on or alongside the track. Where the track is of a material which will not permit scratching with a shoe, some material supplied by the organisers may be used, at the discretion of the judge.

4.—*The Baton.* The baton must be carried in the hand throughout the race. If dropped, it must be recovered by the athlete who dropped it.

In all relay races the baton must be passed within the take-over zone. The passing of the baton is completed at the moment it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton which is decisive, and not the position of the body or limbs of the competitors.

Construction. The baton shall be a smooth hollow tube circular in section, made of wood or metal or of any other rigid material in one piece, the length of which shall be not more than .30 metres (1 ft.) and not less than .28 metres (11 in.). The circumference shall be 120 to 130 millimetres (4.75 in.) and it shall not weigh less than 50 grams ($1\frac{3}{4}$ oz.).

NOTE.—The baton should be coloured so as to be easily visible during the race.

5.—The position of the teams at the start of the race shall be drawn, and shall be retained at each take over zone, except that waiting runners can move to the inside position on the track as incoming team-mates arrive, provided this can be done without fouling.

6.—In events where the first part of the race is run in lanes, competitors, after completing this part, are free to take up any position on the track.

7.—Competitors after handing over the baton should remain in their lanes or zones until the course is clear, to avoid obstruction to other competitors. Should any competitor wilfully impede a member of another team by running out of position or lane at the finish of the stage, he is liable to cause the disqualification of his own team.

8.—Assistance by pushing-off or by any other method will cause disqualification.

9.—Once a team has competed in the preliminary rounds of an event, the composition of the team must not be altered for any subsequent round or final. With the approval of the Referee, however, this may be permitted *in the case of an injury or illness* certified by the official medical officer appointed for the Meeting to be such as to make it unwise for the competitor to run. It is permissible for the *order of running* to be changed between heats and succeeding rounds or final. No competitor may run two sections for a team.

RULE 167

Team Races

1.—In team races the maximum number of starters comprising a team and the number of competitors whose positions are to count shall be stated in the programme.

2.—Stations shall be drawn and the members of each team shall be lined up behind each other at the start of the race.

3.—If necessary, preliminary rounds may be held.

4.—The composition of a team must not be changed after a heat has been run. With the approval of the Referee however it may be permitted in the case of an injury or illness certified by the official medical officer appointed for the Meeting to be such as to make it unwise for the competitor to run. Only competitors finishing the full distance are eligible to compete in the final.

5.—The method of scoring shall be optional and may be any one of the following:

(a) By scoring the least number of points, according to the positions in which the scoring members of a team finish. The positions of the non-scoring members of a team shall be scored in computing the scores of other teams, but when a team fails to finish the requisite number to score, it shall be eliminated; or

(b) By scoring the least number of points according to the positions in which the scoring members of a team finish. The positions of the non-scoring members of a team, whether it finishes all its members or not, shall be scored in computing the scores of other teams; or

(c) By scoring the least number of points according to the positions in which the scoring members of a team finish. The finishing positions of the non-scoring members of a team, and the members of a team which fails to finish the requisite number to score, shall be eliminated; or

(d) By scoring the lowest aggregate of the times recorded by the scoring members.

6.—If two or more competitors tie for any place the points of the places concerned shall be aggregated and divided equally among the competitors so tying.

7.—In case of a tie on points, the team whose last scoring member finished nearest to first place shall be the winning team.

RULE 168

Cross-Country Races

General:—

Owing to the extremely varying circumstances in which cross-country running is practised throughout the world, especially in regard to different seasons, climatic conditions and distances, it is impossible to lay down any rigid legislation for international standardisation of this sport.

The following rules, however, are intended as a guide and incentive to assist countries to develop cross-country running both as a sport in itself and as a training adjunct to track and field events. Except where stated, the rules should also apply to women's events.

1.—*Season.* The cross-country season should normally extend throughout the winter months after the close of the track and field season.

2.—*The Course.* For championship and international events:

- (a) The race shall be run over a course confined, as far as possible, to open country, fields, heathland, commons and grassland. A limited amount of ploughed land may be included. If the course passes through woodland without any clearly defined path or track, it must be clearly marked for the runners. The traversing of road of any description should be limited to the minimum.
- (b) The course for championship events must be clearly marked, preferably with red flags on the left and white flags on the right, all of which must be visible from a distance of 125 metres (140 yards). In all other respects, the appropriate rules governing track competitions shall be followed.
- (c) When laying out the course, very high obstacles should be avoided, so should deep ditches, dangerous ascents or descents, thick undergrowth and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition.

It is preferable that artificial obstacles should not be used, but if the scope of the promotion renders them unavoidable, they should be made to simulate natural obstacles met with in open country. In cases where there is a large number of competitors, narrow gaps or other hindrances which would deny to the competitors an

unhampered run must be avoided for the first 1500 metres (1640 yards).

- (d) The course must be measured and the distance declared at the time invitations are extended. The opportunity should also be taken to include a brief description of the course.
- (e) The responsibility for providing a proper course and its marking by flags, details of which should appear in the programme, rests with the promoting body, who should appoint clerks of the course, umpires and pointsmen at intricate parts of the course to direct competitors and see that they keep to the proper course.

NOTE.—For events other than international competitions, the foregoing regulations governing the course may be modified according to local circumstances.

3.—It is recommended that competitors be placed in age categories. The following categories are those in force for the annual I.A.A.F. Cross Country Team Championships:—

- (1) **Seniors:** Any male athlete of 16 years of age and over on the day of the race.
- (2) **Juniors:** A male athlete under the age of 20 years on the 31st December in the year of the race.
- (3) **Women:** Any female athlete 15 years and over on the day of the race.
- (4) **Junior Women:** Any female athlete under the age of 18 years on 31st December in the year of the race and not younger than 14 years of age on the day of the race.

4.—Distances

- (a) For Seniors the distance should not be less than 7 kilometres, nor more than 14 kilometres;
For Juniors not less than 5 kilometres, nor more than 10 kilometres;
For Women not less than 2 kilometres, nor more than 5 kilometres.
- (b) In International races, the Senior race should be approximately 12 kilometres ($7\frac{1}{2}$ miles) the Junior race approximately 8 kilometres (5 miles) and the Women's race approximately 4 kilometres ($2\frac{1}{2}$ miles).

NOTE.—Federations are advised to increase month by month the competition distances for the various categories.

5.—Teams and Reserves.

The regulations for Teams, Reserves and number of runners to score will differ from competition to competition. The I.A.A.F. Cross Country Team Championships ruling on this subject, however, which may be adopted as a standard guide, is as follows:—

"For the Senior race, teams of not more than 12 competitors can be entered. Not less than six nor more than nine of these shall be allowed to start in the race, of which six will score.

For the Women's and Junior races, teams of not less than four nor more than eight competitors can be entered. Not more than six shall be allowed to start in the race of which four will score."

Except in international races, it may be possible to accept entries from *individuals*. In the same way, members of depleted teams, who on the day are unable to field the necessary scoring number, could also be allowed to compete as individuals.

6.—The Start. The race shall be started by the firing of a pistol. The standard commands for distance events shall be used:

In races which include a large number of competitors, a five-minute warning before the start of the race should be given, with additional warnings if required.

7.—No competitor in cross-country events is allowed to receive assistance or refreshment from any person during the progress of the race.

8.—Scoring

- (a) At the conclusion of a race the Judges shall decide the respective places of the scoring competitors of each competing team, add these together and the team having the lowest aggregate shall be declared the winners.
- (b) In assessing the aggregate, the finishing positions of any individual runners may be eliminated and subsequent finishing positions adjusted accordingly, but with large fields this is not recommended.
- (c) In the event of a tie it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

9.—*Officials.* The following officials are considered to be necessary for international events, but organisers are at liberty to vary these where local circumstances require.

Referee	Timekeeper
Judge	Timekeeper's recorder
Judge's stewards	Chief Funnel Judge
Starter	Funnel Controller
Competitors' stewards	Funnel Judge and recorder
Technical Manager	Funnel stewards
Umpires and Points men	Disc distributors
Press steward	Disc area stewards
Prize steward	Result recorder(s)

NOTE.—*I.A.A.F. Cross Country Team Championships:*—For the organisation of the above competitions held annually, to which all I.A.A.F. Members are invited, separate technical rules have been approved by the Cross Country Committee and published by the I.A.A.F. Bureau.

SECTION IV

JUMPING EVENTS

RULE 171

High Jump

Competition Rules

- 1.—The competitor must take-off from one foot.
- 2.—Knocking the bar off the supports, or touching the ground including the landing area beyond the plane of the upright either between or outside the uprights, with any part of the body without clearing the bar shall count as a failure.
- 3.—The order in which the competitors take their trials shall be drawn by lots. *See also Rule 143 (7).*
- 4.—Before the commencement of competitions in jumping for height, the Judges shall announce to the competitors the commencing height and the different heights to which the bar will be raised at the end of each round.
Once a competition has begun, competitors are not permitted to use the runway or take-off area for practice purposes.
- 5.—Each competitor shall be credited with the best of all his jumps subject to conditions relating to ties. *See Rule 146 "Ties".*
- 6.—A competitor may commence jumping at any height above the minimum height and may jump at his own discretion at any subsequent height. Three consecutive failures, regardless of the height at which any of such failures occur, disqualify from further jumping.

NOTE.—The effect of this rule is that a competitor may forgo his second or third jumps at a particular height (after failing first or second time) and still jump at a subsequent height.

- 7.—Any measurement of a new height shall be made before competitors attempt such height. In all cases of records the Judges must check the measurements after the height has been cleared.

NOTE.—Judges should ensure, before starting the competition, that the underside and front of the cross-bar are distinguishable, and that the bar is always replaced with the same surface uppermost and the same surface to the front.

- 8.—Even after all the other competitors have failed, a competitor is entitled to continue jumping until he has forfeited his right to compete further.

The heights to which the bar is raised shall be decided after consulting the wishes of the competitor.

9.—The uprights or posts shall not be moved during the competition unless the Referee considers the take-off or landing area has become unsuitable.

In such a case the change shall be made only after a round has been completed.

10.—*Marks.* A competitor may place marks (supplied by the Organising Committee) to assist him in his run-up and take-off and a small handkerchief or similar object on the cross bar for sighting purposes.

The Runway and Take-off Area

11.—The length of the runway is unlimited. The minimum length provided for the runway shall be 15 metres (49 ft.).

NOTE.—Where conditions permit the runway should not be shorter than 18 metres (59 ft.).

12.—The take-off area must be level. If portable mats are used, all references in the Rules to the level of the track or the take-off area must be construed as referring to the level of the top surface of the mat.

13.—The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and in the running direction 1:1000.

A maximum inclination of 1:250 is permitted in the case of a synthetic run-up and take-off area.

Apparatus

14.—*Uprights.* Any style or kind of uprights or posts may be used, provided they are rigid.

They should be sufficiently tall so as to exceed the maximum height to which the cross-bar can be raised by at least 100 millimetres (4 in.).

The distance between the uprights shall be not less than 3.66 metres (12 ft.) nor more than 4.02 metres (13 ft. 2½ in.).

15.—*Cross-bar.* The cross-bar shall be of wood, metal or other suitable material, triangular or circular in section.

The cross-bar shall be between 3.64 metres and 4 metres. The maximum weight of the cross-bar shall be 2.2kg.

Each side of the triangular bar shall measure 30mm. So as to avoid dangerously sharp edges, a triangular bar may be so formed that the edges are slightly rounded. It complies with requirements if it passes with only a small tolerance through a triangular cut-out of the specified dimensions.

The diameter of a circular cross-bar shall be at least 25mm but not more than 30mm. The ends of the circular bar shall be constructed in such a way that a flat surface of 30mm x 150mm-200mm is obtained for the purpose of placing the bar on the supports on the uprights.

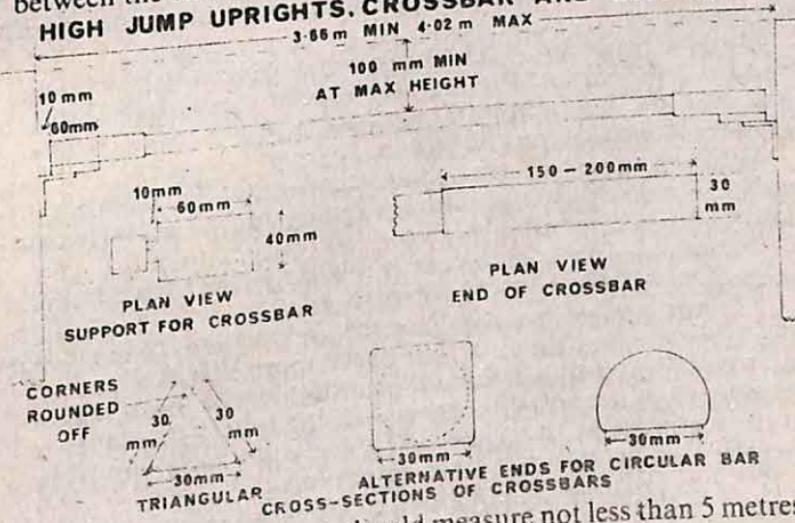
The cross-bar may be split in the middle and joined with a metal clip about 300mm (1 ft) long.

Those parts of the bar which rest on the supports shall be smooth. They may not be covered with rubber or any other material which has the effect of increasing the friction.

16.—*Supports for cross-bar.* The support for the cross-bar shall be flat and rectangular, 40 millimetres ($1\frac{1}{2}$ in.) wide and 60 millimetres ($2\frac{1}{4}$ in.) long. They shall each face the opposite upright and the ends of the cross-bar shall rest on them in such a manner that if it is touched by a competitor it will easily fall to the ground, either forwards or backwards. The supports may not be covered with rubber or with any other material which has the effect of increasing the friction between the surfaces of the cross-bar and the supports. Nor may they have any kind of springs. They must be firmly fixed to the uprights during the jump.

17.—There shall be a space of at least 10 millimetres ($\frac{1}{2}$ in.) between the ends of the cross-bar and the uprights.

HIGH JUMP UPRIGHTS, CROSSBAR AND SUPPORTS



18.—The landing area should measure not less than 5 metres (16 ft. 4 in.) long by 4 metres (13 ft. 1 $\frac{1}{2}$ in.) wide.

RULE 172

Pole Vault**Competition Rules**

1.—The order in which the competitors take their trials shall be drawn by lots. *See also Rule 143 (7).*

2.—Before the competition begins, the Judges shall announce to the competitors the commencing height and the different heights to which the bar will be raised at the end of each round.

3.—Each competitor shall be credited with the best of all his vaults subject to conditions relating to ties. *See Rule 146 "Ties".*

4.—A competitor may commence vaulting at any height above the minimum height and may vault at his own discretion at any subsequent height. Three consecutive failures, (see Para. 9) regardless of the height at which any of such failures occur, disqualify from further vaulting.

NOTE.—The effect of this rule is that a competitor may forgo his second or third vaults at a particular height (after failing first or second time) and still jump at a subsequent height.

5.—Any measurement of a new height shall be made before competitors attempt such height. In all cases of records the Judges must check the measurements after the height has been cleared.

NOTE.—Judges should ensure, before starting the competition, that the underside and front of the cross-bar are distinguishable, and that the bar is always replaced with the same surface uppermost and the same surface to the front.

6.—Even after all the other competitors have failed a competitor is entitled to continue vaulting until he has forfeited his right to compete further.

The heights to which the bar is raised shall be decided after consulting the wishes of the competitor.

7.—Any competitor may have the uprights moved in either direction but they may not be moved more than 0.60 metres (2 ft.) from the prolongation of the inside edge of the top of the stopboard. If the uprights are moved, the Judges should make a re-measurement to ensure that there is no variation in the height. *See also Rule 145 for measurements.*

8.—Competitors are permitted to use an adhesive substance such as resin or a similar substance on their hands or on the pole, in order to obtain a better grip.

The use of a forearm cover to prevent injuries shall be allowed.

The use of tape on the hands or fingers shall not be allowed except in the case of the need to cover an open wound.

9.—A competitor fails if he:

- (a) knocks the bar off the supports; or
- (b) leaves the ground for the purpose of making a vault and fails to clear the bar; or
- (c) after leaving the ground places his lower hand above the upper one or moves the upper hand higher on the pole; or
- (d) before taking off touches, with any part of his body or with the pole, the ground including the landing area beyond the vertical plane of the upper part of the stopboard.

10.—If in making an attempt the competitor's pole is broken, it shall not be counted as a failure.

11.—No one shall be allowed to touch the pole unless it is falling away from the bar or uprights. If it is touched, however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as a failure.

Vaulting Pole

12.—Competitors may use their own poles. No competitor shall be allowed to use any of the private poles except with the consent of the owner.

The pole may be of any material or combination of materials and of any length or diameter, but the basic surface must be smooth. The pole may have a binding only of not more than two layers of adhesive tape of uniform thickness.

This restriction does not however apply to binding the bottom end of the pole with protective layers of tape for a distance of about 0.30 metres (1 ft.), to reduce the risk of damaging the pole when striking the back of the box.

The Runway, Take-off and Landing Area

13.—The length of the runway is unlimited. The minimum length provided for the runway shall be 40 metres (131 ft.).

NOTE.—Where conditions permit the runway should not be shorter than 45 metres (147 ft.). The runway shall have a minimum width of 1.22 metres

The Runway, Take-off and Landing Area

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NOTE.—Where conditions permit the runway should not be shorter than 45 metres (147 ft.). The runway shall have a minimum width of 1.22 metres.

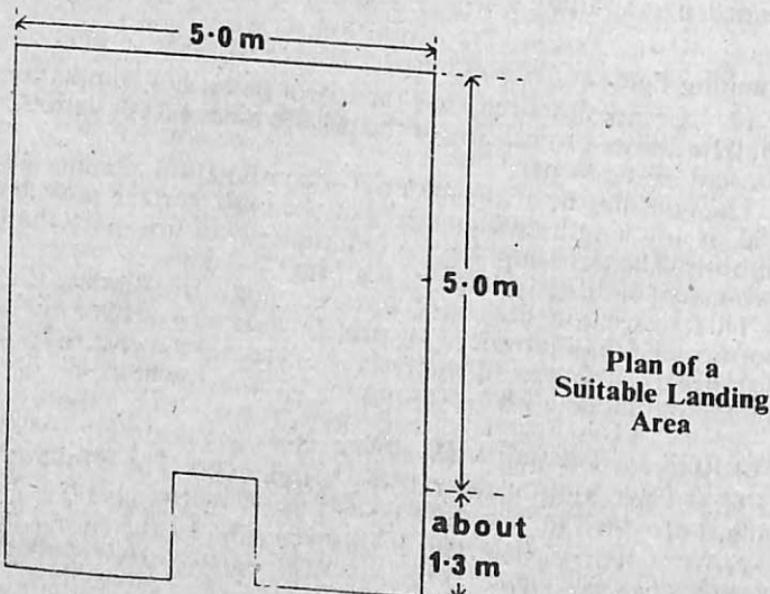
14.—The maximum allowance for lateral inclination of the runway shall not exceed 1:100 and in the running direction 1:1000.

15.—No marks shall be placed on the runway, but a competitor may place marks (supplied by the Organising Committee) alongside the runway. No marks shall be placed in any pit or landing area.

Once a competition has begun, competitors are not permitted to use runways for practice purposes.

16.—The take-off for the Pole Vault shall be from a box made of some suitable rigid material and which shall be sunk level with the ground. (*See paragraph 21.*)

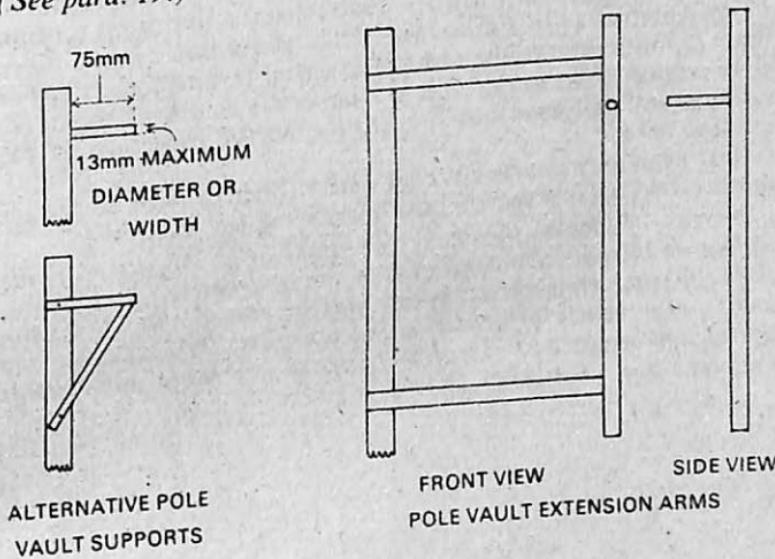
17.—The landing area should measure not less than 5×5 metres (16 ft. 4 in.).



Apparatus

18.—*Uprights.* Any style or kind of uprights or posts may be used, provided they are rigid.

The distance between the uprights or between the extension arms where such are used, (*See para. 19*) shall be not less than 3.66 metres (12 ft.) or more than 4.37 metres (14 ft. 4 in.) wide. (*See para. 19.*)



19.—*Cross-bar.* The cross-bar shall be off wood, metal or other suitable material, triangular or circular in section.

The cross-bar shall be between 3.86 metres (12 ft. 8 in.) and 4.52 metres (14 ft. 10 in.). The maximum weight of the cross-bar shall be 2.5 kg.

Each side of the triangular bar shall measure 30mm. So as to avoid dangerously sharp edges, a triangular bar may be so formed that the edges are slightly rounded. It complies with requirements if it passes with only a small tolerance through a triangular cut-out of specified dimensions.

The diameter of a circular cross-bar shall be at least 25mm. but not more than 30 mm. The ends of the circular bar shall be constructed in such a way that a flat surface of 30 mm x 150 mm. - 200 m. is obtained for the purpose of placing the bar on the supports on the uprights.

The cross-bar may be split in the middle and joined with a metal clip about 300 mm. (1 ft.) long.

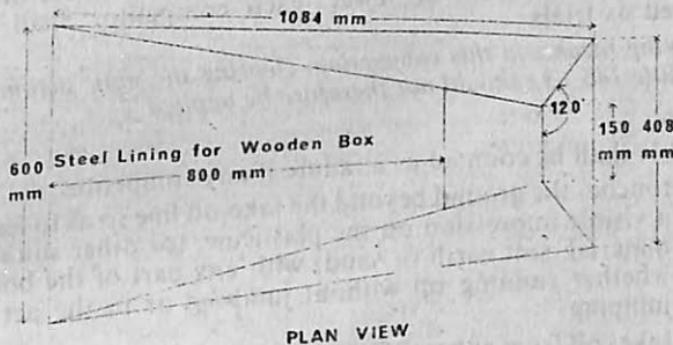
Those parts of the bar which rest on the supports shall be smooth. They may not be covered with rubber or any other material which has the effect of increasing the friction.

20.—*Supports for cross-bar.* Pegs shall be used to support the cross-bar and shall be without notches or indentations of any kind, of uniform thickness throughout and not more than 13 millimetres ($\frac{1}{2}$ in.) diameter. They must not extend more than 75 millimetres (3 in.) from the uprights, and the cross-bar shall rest on them so that if it is touched by a competitor or his pole, it will fall easily to the ground in the direction of the landing area.

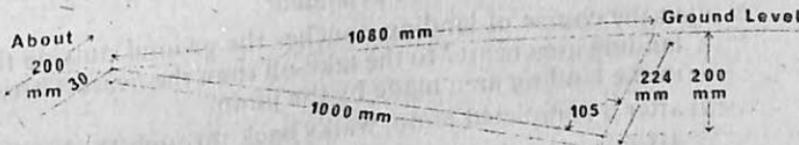
The pegs may not be covered with rubber or with any other material which has the effect of increasing the friction.

NOTE.—*To lessen the chance of injury of a competitor by his falling on the feet of the uprights, as an alternative to the above, the pegs supporting the cross-bar may be placed upon extension arms permanently attached to the uprights, thus allowing the uprights to be placed wider apart, without increasing the length of the cross-bar. (See diagram).*

21.—*Box.* This shall be constructed of some suitable rigid material, sunk level with the ground and shall be 1 metre in length, measured along the inside of the bottom of the box, 600 millimetres in width at the front end and tapering to 150 millimetres (6 in.) in width at the bottom of the stopboard. The length of the box at ground level and the depth of the stopboard will depend upon the angle formed between the base and stopboard which shall be 105°. The base of the box shall slope from ground level at the front end to a vertical distance below ground level of 200 millimetres at the point where it meets the stopboard. The box should be constructed in such a manner that the sides slope outwards and end next to the stopboard at an angle of approximately 120° to the base.



PLAN VIEW



VERTICAL SECTION

POLE VAULT BOX

If the box is constructed of wood, the bottom shall be lined with 2.5 millimetres (0.1 in.) sheet metal for a distance of 800 millimetres (2 ft. 7½ in.) from the front of the box.

RULE 173

Long Jump

Competition Rules

1.—The order in which the competitors take their trials shall be drawn by lots. *See also Rule 143 (7).*

2.—Each competitor shall be credited with the best of all his jumps subject to conditions relating to ties. *See Rule 146 "Ties".*

3.—Where there are more than eight competitors, each competitor shall be allowed three trials and the eight competitors with the best jumps shall be allowed three additional trials. In the event of a tie* for eighth place, any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials.

**Tying means, in this connection, clearing the same distance, and Rule 146 (3) should not therefore be applied.*

Failures

4.—It shall be counted as a failure if any competitor

(a) touches the ground beyond the take-off line so as to leave a visible impression on the plasticine, (or other suitable material, soft earth or sand) with any part of the body, whether running up without jumping or in the act of jumping;

(b) takes off from either side of the board, whether beyond or behind the take-off line extended;

(c) in the course of landing, touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump;

(d) after a completed jump, walks back through the landing area;

(e) employs any form of somersaulting

(f) uses of weights or grips of any kind.

5.—If a competitor takes off before reaching the board it shall not for that reason be counted as a failure.

The Runway

6.—The runway shall have a minimum width of 1.22 metres. The length of the runway is unlimited. The minimum length provided for the runway shall be 40 metres (131 ft.).

NOTE.—Where conditions permit the runway should not be shorter than 45 metres (147 ft.).

7.—The maximum allowance for lateral inclination of the runways for jumping events shall not exceed 1:100 and in the running direction 1:1000.

8.—No marks shall be placed on the runway, but a competitor may place marks (supplied by the Organising Committee) alongside the runway. No marks shall be placed in any pit or landing area.

9.—Once a competition has begun, competitors are not permitted to use runways for practice purposes.

Take-off Board

10.—The take-off shall be marked by a board sunk level with the runway and the surface of the landing area. The edge of the board which is nearer to the landing area shall be called the take-off line. Immediately beyond the take-off line there shall be placed a board of plasticine or other suitable material for recording the athlete's footprint when he has foot-faulted. This plasticine indicator board shall be so constructed as to rise from the level of the take-off board at an angle of 30° in the direction of the runway, to a maximum height above the take-off board of 10 mm—13 mm including the layer of plasticine.

If it is not possible to install the above apparatus the following method should be adopted: immediately in front of the take-off line and across all the length of it over a width of 100 millimetres (4 in.) the ground shall be sprinkled with soft earth or sand, at an angle of 30° to the horizontal.

11.—The distance between the take-off board and the end of the landing area shall be at least 10 metres (32 ft. 10 ins.).

12.—The take-off board shall be not less than 1 metre (3 ft. 3 in.) from the edge of the landing area.

13.—*Construction.* The take-off board shall be made of wood or some other suitable rigid material and shall measure 1.21 m to 1.22 m (4 ft.) long, 198 mm to 202 mm wide and maximum 100 mm (4 in.) deep. It shall be painted white.

14.—*Plasticine Indicator Board.* This shall consist of a rigid board, 98 mm—102 mm wide and 1.21 m—1.22 m long, covered with plasticine on the top surface. The board shall be mounted in a recess or shelf in the runway, on the side of the take-off board nearer the landing area. When mounted in this recess, the whole assembly must be sufficiently rigid to accept the full

force of the athlete's foot.

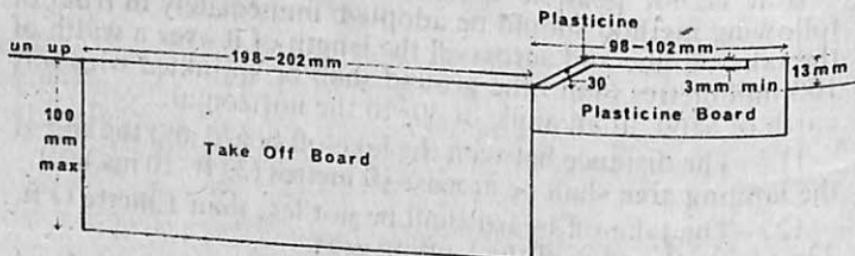
The surface of the board beneath the plasticine shall be of a material in which the spikes of an athlete's shoe will grip and not skid.

The layer of plasticine can be smoothed off by means of a roller or suitably shaped scraper for the purpose of removing the footprints of the competitors.

NOTE.—It is recommended that the board, which may be of any suitable rigid material, should have a maximum overall thickness of 25 mm, including the plasticine, at the side next to the take-off board and 38 mm at the side nearer to the landing area.

The top surface shall rise at an angle of 30° to the horizontal from the side next to the take-off board, to give an increase in thickness of 10 mm–13 mm maximum. The overall thickness remains constant from this point, with the top surface horizontal. When mounted in the recess in the runway, the top surface should be exactly level with the take-off board on the side next to it and 13 mm maximum above the track surface on the side nearer to the landing area.

The top surface of the board shall be covered with plasticine or a suitable material (suggested thickness of about 3 mm), except that along the edge nearer the landing area, it may have a lip to provide an edging to the soft plasticine.



NOTE.—It will be found very helpful to have spare plasticine boards available, so that while the footprint is being eliminated the competitors are not delayed.

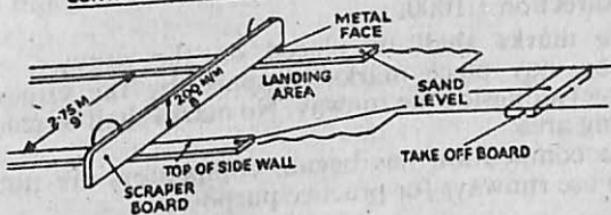
Landing Area and Measuring

15.—The landing area shall have a minimum width of 2 metres 75 centimetres (9 ft.) and the runway shall, if possible, be so placed that the middle of the runway when extended coincides with the middle of the landing area.

16.—All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line and at right angles to such line.

17.—In order to ensure the correct measuring of any jump, it is essential that the surface of the sand in the landing area should be accurately controlled so as to be level with the top of the take-off board. An approved apparatus for this purpose is described below.

CONTROL OF SAND LEVEL IN LONG AND TRIPLE JUMP



**RULE 174
Triple Jump**

Competition Rules

1.—The order in which the competitors take their trials shall be drawn by lots. *See also Rule 143 (7).*

2.—Each competitor shall be credited with the best of all his jumps subject to conditions relating to ties. *See Rule 146 "Ties".*

3.—Where there are more than eight competitors, each competitor shall be allowed three trials and the eight competitors with the best jumps shall be allowed three additional trials. In the event of a tie for eighth place, any competitor so tying* shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials.

**Tying means, in this connection, clearing the same distance, and Rule 146 (3) should not therefore be applied.*

4.—The hop shall be made so that the competitor lands first upon the same foot as that from which he has taken off; in the step he shall land on the other foot, from which subsequently the jump is performed.

5.—If the competitor while jumping touches the ground with the "sleeping" leg it shall be considered as a failure.

6.—In all other respects the rules defining a failure for the Long Jump shall apply. (Rule 173 para 4 and para 5).

The Runway

7.—The runway shall have a minimum width of 1.22 metres. The length of the runway is unlimited. The minimum length provided for the runway shall be 40 metres (131 ft.).

NOTE.—Where conditions permit the runway should not be shorter than 45 metres (147 ft.).

8.—The maximum allowance for lateral inclination of the runways for jumping events shall not exceed 1:100 and in the running direction 1:1000.

9.—No marks shall be placed on the runway, but a competitor may place marks (supplied by the Organising Committee) alongside the runway. No marks shall be placed in the landing area.

Once a competition has begun, competitors are not permitted to use runways for practice purposes.

Take-off Board

10.—The take-off shall be marked by a board sunk level with the runway and the surface of the landing area, and placed at least 13 metres (42 ft.) from the landing area. The edge of the board which is nearer to the landing area shall be called the take-off line. Immediately before the take-off line, there shall be placed a board of plasticine or other suitable material for recording the athlete's footprints when he has foot-faulted. This plasticine indicator board shall be so constructed as to rise from the level of the take-off board at an angle of 30° in the direction of the runway, to a maximum height above the take-off board of 10 mm–13 mm including the layer of plasticine.

If it is not possible to install the above apparatus, the following method should be adopted:—immediately in front of the take-off line and across all the length of it over a width of 100 millimetres (4 in.) the ground shall be sprinkled with soft earth or sand, at an angle of 30° to the horizontal.

(*NOTE.—For construction details of Take-off Board and No Jump Indicator Board, see Rule 173 "Long Jump" paragraphs 13 and 14.*)

Landing Area and Measuring

See Rule 173 "Long Jump" paragraphs 15–17 as in all respects the same regulations apply for the Triple Jump.

SECTION V

THROWING EVENTS

RULE 181

Putting the Shot

Competition Rules

1.—The order in which the competitors take their trials shall be drawn by lot. *See also Rule 143 (7).*

2.—Where there are more than eight competitors, each competitor shall be allowed three trials, and the eight competitors with the best performances shall be allowed three additional trials. In the event of a tie for eighth place, this shall not be decided and any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials.

At the competition ground, each competitor may, if possible, have two practice trials but no more. These should be made in order of the draw, and competitors called by name under the supervision of the judges. *See also Rule 142 (2).*

Once a competition has begun, competitors are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

3.—Each competitor shall be credited with the best of all his puts, subject to conditions relating to ties. *See Rule 146 "Ties".*

4.—The put shall be made from a circle. At the middle of the circumference, in the front half of the circle, a stop board shall be placed firmly fastened to the ground.

The putting area shall consist of cinders or grass or some suitable material on which the shot makes an imprint.

5.—A competitor must commence the throw from a stationary position inside the circle.

The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting. The shot must not be brought behind the line of the shoulders.

6.—A competitor is allowed to touch the inside of the stop board.

It shall be a foul throw and not allowed to count if the competitor, after he has stepped into the circle and begun to

make a throw, touches with any part of his body the ground outside the circle, the top of the iron band, stop-board or circle or improperly releases the shot in making any attempt.

Provided that in the course of a trial the foregoing rules, have not been infringed, a competitor may interrupt a trial once started, lay his implement down, return to a stationary position and begin a fresh trial, provided that there shall not be more than one such interruption in each trial.

7.—The competitor must not leave the circle until the implement has touched the ground, and he shall then, from a standing position, leave the circle from the rear half which shall be indicated by a chalk line or by a painted line (width 0.05 m), drawn through the centre and extended outside the circle not less than 0.75 m (30 in.) on each side. Outside the circle, the line can be made of paint, wood or some other suitable material. The competitor shall take his first step outside the circle behind the line in question or its extension.

8.—For a valid trial, the implement must fall so that the point of impact is within the inner edges of lines 0.05 metres (2 in.) wide, marking a sector of 45° set out on the ground so that the radii lines cross at the centre of the circle.

The ends of the lines marking the sector should be marked with sector flags.

NOTE.—The sector flag should be entirely of metal. It should be rectangular in shape, measure approximately 20 x 40 cm, and be not less than 60 cm in length, above the ground. The standard should be approximately 8 mm in diameter.

9.—The maximum allowance for the inclination in the throwing direction of the throwing field shall not exceed 1:1000.

10.—The measurement of each put shall be made immediately after the put from the nearest mark made by the fall of the shot, to the inside of the circumference of the circle, along a line from the mark made by the shot to the centre of the circle.

11.—A distinctive flag or disc shall be provided to mark the existing World Record and when appropriate the existing national record.

12.—At Olympic Games, the World Cup and Area or Group Games or Championships, only implements provided by the Organisers may be used, and no modification can be made to them during the competition. No competitor shall be permitted

to take any implement into the arena.

At meetings between two or more Members, competitors may use their own implements, provided these are checked and marked as approved by the Organisers before the competition and made available to all competitors.

13 (a).—No device of any kind—e.g. the taping of two or more fingers together—which in any way assists a competitor when making a throw, shall be allowed. The use of tape on the hand shall not be allowed except in the case of the need to cover an open cut or wound. The use of tape on the wrist will be allowed only upon production of a certificate given by the official doctor for the meeting.

(b) The use of gloves is not allowed.

(c) In order to obtain a better grip, competitors are permitted to use an adhesive substance such as resin or a similar substance on their hands only.

(d) In order to protect the spine from injury, a competitor may wear a belt of leather or some other suitable material.

14.—A competitor may not spray or spread any substance in the circle.

15.—After a put has been completed, the shot must be carried back to the circle and never thrown back.

Construction of Shot.

16.—The shot shall be of solid iron, brass or any metal not softer than brass, or a shell of such metal filled with lead or other material. It must be spherical in shape and the surface must be smooth.

17.—It shall conform to the following specifications:

<i>Shot</i>	<i>Men</i>	<i>Women</i>
<i>Weight</i> Minimum	7.26 kg (16 lb.)	4 kg (8 lb. 13 oz.)
<i>Diameter</i> Minimum Maximum	110 mm 130 mm	95 mm 110 mm

Construction of Shot Circle

18.—*Construction.* Circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside.

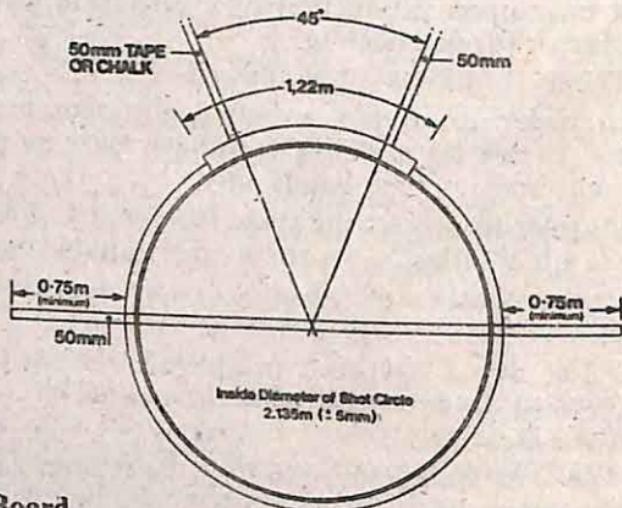
RULES OF GAMES AND SPORTS

The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and 20 mm (0.75 in.) \pm 6 mm lower than the upper edge of the rim of the circle.

A portable circle meeting with these specifications is permissible.

19.—*Measurements.* The inside diameter of the circle shall measure 2.135 m (\pm 5 mm).

The rim of the circle shall be at least 6 millimetres (0.25 in.) in thickness and shall be painted white.

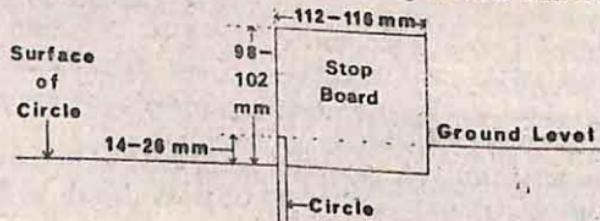


Stop Board

20.—*Construction.* The board shall be made of wood or some other suitable material in the shape of an arc so that the inner edge coincides with the inner edge of the circle, also so made that it can be firmly fixed to the ground.

21.—*Measurements.* The board shall measure 1.21 m to 1.23 m long on the inside, 112 mm to 116 mm wide and 98 mm to 102 mm high in relation to the level of the inside of the circle.

22.—*Finish.* The board shall be painted white.



RULE 182

Throwing the Discus

Competition Rules

1.—The order in which the competitors take their trials shall be drawn by lot. *See also Rule 143 (7).*

2.—Where there are more than eight competitors, each competitor shall be allowed three trials, and the eight competitors with the best performances shall be allowed three additional trials. In the event of a tie for eighth place, this shall not be decided and any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials. *See also Rule 142 (2).*

At the competition ground, each competitor may, if possible, have two practice trials but no more. These should be made in order of the draw, and competitors called by name under the supervision of the judges.

Once a competition has begun, competitors are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

3.—Each competitor shall be credited with the best of all his throws, subject to conditions relating to ties. *See Rule 146 "Ties."*

4.—The discus shall be thrown from a circle. The competitor must commence the throw from a stationary position.

5.—The competitor is allowed to touch the inside edge of the circle.

It shall be a foul throw and not allowed to count if the competitor, after he has stepped into the circle and begun to make a throw, touches with any part of his body the ground outside the circle, the top edge of the circle or improperly releases the discus in making any attempt.

Provided that in the course of a trial the foregoing rules have not been infringed, a competitor may interrupt a trial once started, lay his implement down, return to a stationary position and begin a fresh trial, provided that there shall not be more than one such interruption in each trial.

6.—The competitor must not leave the circle until the implement has touched the ground. He shall then, from a standing position, leave the circle from the rear half which shall be indicated by a chalk line or by a painted line (width 0.05 m), drawn through the centre and extended outside the circle not

less than 0.75 m (30 in.) on each side. Outside the circle, the line can be made of paint, wood or some other suitable material. The competitor shall take his first step outside the circle behind the line in question or its extension.

7.—For a valid trial, the implement must fall so that the point of impact is within the inner edges of lines 50 mm (2 in.) wide marking a sector of 45° set out on the ground so that the radii lines cross at the centre of the circle.

The ends of the lines marking the sector should be marked with sector flags.

See Note to Rule 181 para. 8. for sector flag construction.

8.—The maximum allowance for the inclination in the throwing direction of the throwing field shall not exceed 1:1000.

9.—The measurement of each throw shall be made immediately after the throw from the nearest mark made by the fall of the discus, to the inside of the circumference of the circle, along a line from the mark made by the implement to the centre of the circle.

10.—A distinctive flag or marker shall be provided to mark the best throw of each competitor, and this shall be placed along a line or tape *outside* the sector lines.

A distinctive flag or disc shall also be provided to mark the existing World Record and when appropriate the existing national record.

11.—At Olympic Games, World Cup and Area or Group Games or Championships, only implements provided by the Organisers may be used, and no modification can be made to them during the competition. No competitor shall be permitted to take any implement into the arena.

At meetings between two or more Members, competitors may use their own implements, provided these are checked and marked as approved by the Organisers before the competition and made available to all competitors.

12 (a).—No device of any kind—e.g. the taping of two or more fingers together—which in any way assists a competitor when making a throw, shall be allowed. The use of tape on the hand shall not be allowed except in the case of the need to cover an open cut or wound. The use of tape on the wrist will be allowed only upon production of a certificate given by the official doctor for the meeting.

(b) The use of gloves is not allowed.

(c) In order to obtain a better grip, competitors are permitted to use an adhesive substance such as resin or a similar substance on their hands only.

(d) In order to protect the spine from injury, a competitor may wear a belt of leather or some other suitable material.

13.—A competitor may not spray or spread any substance in the circle.

14.— Implements must be carried back to the circle and never thrown back.

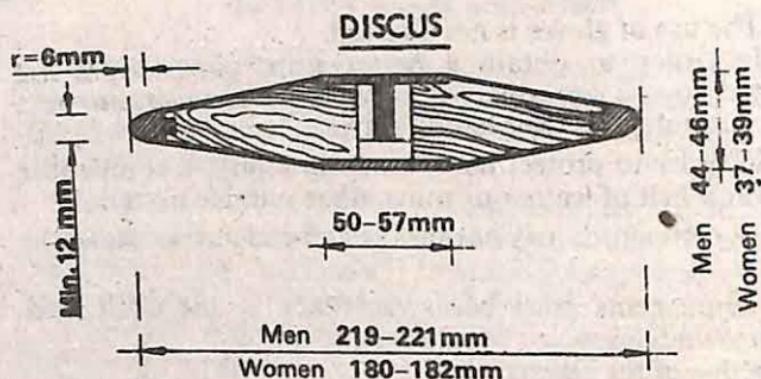
Construction of the Discus

15.—*Construction:* The body of the Discus shall be made of wood, or other suitable material, with a metal rim, the edge of which shall be rounded in a true circle. There may be circular plates set flush into the centre of the sides. Alternately the Discus may be made without metal plates, provided that the equivalent area is flat and the measurements and total weight of the implement correspond to the specifications.

Each side of the Discus shall be identical and shall be made without indentations, projections or sharp edges. The sides shall taper in a straight line from the beginning of the curve of the rim to a circle of a radius 25 mm (1 in.) min. 28.5 mm max. from the centre of the Discus.

16.—It shall conform to the following specifications:

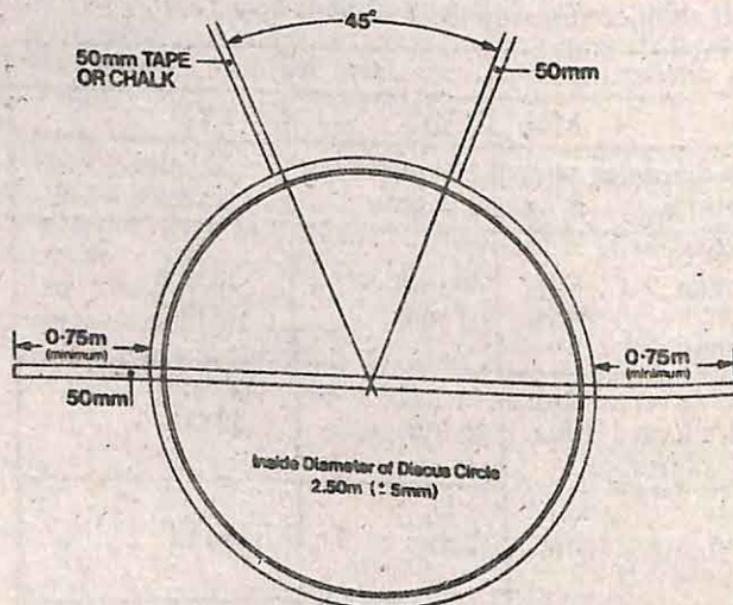
<i>Discus</i>	<i>Men</i>	<i>Women</i>
Weight Min.	2 kg	1 kg
Outside diameter of metal rim Min. Max.	219 mm 221 mm	180 mm 182 mm
Diameter of Metal plate or flat centre area Min. Max.	50 mm 57 mm	50 mm 57 mm
Thickness over flat centre area or metal plates Min. Max.	44 mm 46 mm	37 mm 39 mm
Thickness of Rim (6 mm from edge) Min.	12 mm	12mm



Construction of Discus Circle

17.—Circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside. The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and 20 mm (0.75 in.) \pm 6 mm lower than the upper edge of the rim of the circle.

18.—*Measurements.* The circle shall measure 2.50 metres (± 5 mm) inside diameter. The rim of the circle shall be at least 6 millimetres (0.25 in.) in thickness, and shall be painted white.



RULE 183

Discus or Hammer Throwing Cage

1.—All discus and hammer throws shall be made from an enclosure or cage to ensure the safety of spectators, officials, and competitors.

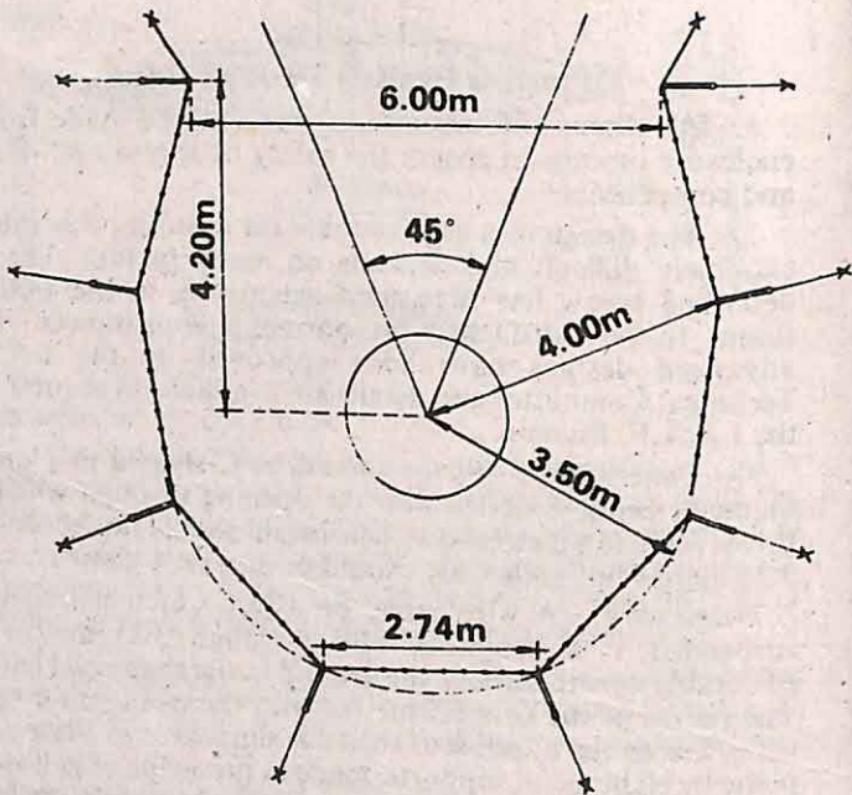
2.—The design of a cage suitable for ensuring this safety is extremely difficult and depends on many factors. The cage described below has been used extensively in the past and found to be satisfactory in normal circumstances. More advanced designs have been approved by the I.A.A.F. Technical Committee and details are available on request from the I.A.A.F. Bureau

3.—*Dimensions* The cage should be C-shaped in plan, the diameter being 7 metres with the opening through which the throw is made 6 metres wide. The height should not be less than 3.35 metres but preferably should be at least 4 metres.

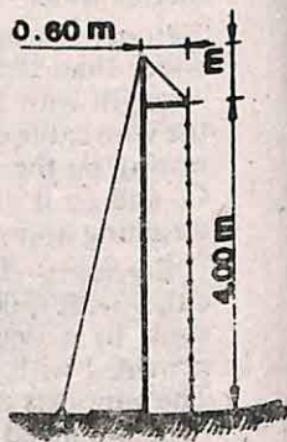
Framework.—A wire cable, or a series of metal struts, is suspended at a height of not less than 3.35 metres and preferably 4 metres above the ground in the shape of a letter C. The radius of the C is 3.5 metres with the open end 6 metres wide. The cable, or series of struts, is supported in a horizontal plane by eight metal supports, made in the shape of gallows, so that the C shape is formed by seven straight panels, each 2.74 metres wide.

Netting.—A net 19.2 metres (63 ft.) long and 0.3 metres (1 ft.) wider than the height of the struts, made of cord of suitable strength with 50 millimetres (2 in.) meshes, is suspended from the wire cable or series of metal struts. The lower edge of the net resting on the ground turns inwards towards the centre of the C, and to it are attached at regular intervals sandbags each weighing approximately 13.5 kilogrammes (30 lb.).

Erection.—The eight metal supports are set into the ground either with spikes or permanent sockets. The sockets should be sunk to a depth of approximately 0.30 metres (1 ft.) and provided with covers for use when the supports are removed. The supports and suspended nets are kept in position by wire ropes attached to ground spikes.



**SUGGESTED
CONSTRUCTION
FOR HAMMER CAGE
OR
DISCUS CAGE**



RULE 184

Throwing the Hammer

Competition Rules

1.—The order in which the competitors take their trials shall be drawn by lot. *See also Rule 143 (7).*

2.—Where there are more than eight competitors, each competitor shall be allowed three trials, and the eight competitors with the best performances shall be allowed three additional trials. In the event of a tie for eighth place, this shall not be decided and any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials.

At the competition ground, each competitor may, if possible, have two practice trials but no more. These should be made in order of the draw, and competitors called by name under the supervision of the judges. *See also Rule 142 (2).*

Once a competition has begun, competitors are not permitted to use the circle or ground within the sector for practice trials, with or without implements.

3.—Each competitor shall be credited with the best of all his throws, subject to conditions relating to ties. *See Rule 146 "Ties".*

4.—Gloves for the protection of the hands are permitted. The gloves must be smooth on the back and the front and the finger-tips must be exposed, i.e. the tops of the fingers of the gloves must not be closed.

No device of any kind—e.g. the taping of two or more fingers together—which in any way assists a competitor when making a throw, shall be allowed.

The use of tape on the hand shall not be allowed except in the case of the need to cover an open cut or wound. The use of tape on the wrist will be allowed only upon production of a certificate given by the official doctor for the meeting.

In order to protect the spine from injury, a competitor may wear a belt of leather or some other suitable material.

In order to obtain a better grip, competitors in throwing the hammer are permitted to use an adhesive substance such as resin or a similar substance on their hands only.

A competitor may not spray or spread any substance in the circle.

5.—The Hammer must be thrown from a circle. The competitor must commence the throw from a stationary position.

The competitor in his starting position prior to the preliminary swings or turns is allowed to put the head of the hammer on the ground inside or outside the circle.

A competitor is allowed to touch the inside edge of the circle.

6.—It shall not be considered a foul throw if the head of the hammer touches the ground when the competitor makes the preliminary swings or turns; but if, after having so touched the ground, he stops throwing so as to begin the throw again, this shall count as a trial throw.

7.—It shall be a foul throw and not allowed to count if the competitor, after he has stepped into the circle and begun to make a throw, touches with any part of his body the ground outside the circle, the top edge of the circle or if he improperly releases the hammer in making any attempt.

8.—Provided that in the course of a trial the foregoing rules have not been infringed, a competitor may interrupt a trial once started, lay his hammer down, return to a stationary position and begin a fresh trial, provided that there shall not be more than one such interruption in each trial.

9.—If the hammer breaks during a throw or while in the air, it shall not count as a throw, provided it was made in accordance with the rules. If the competitor thereby loses his balance and commits a foul, it shall not count against him.

10.—The competitor must not leave the circle until the hammer has touched the ground, and he shall then, from a standing position, leave the circle from the rear half which shall be indicated by a chalk line or by a painted line (width 0.05 m), drawn through the centre and extended outside the circle not less than 0.75 m (30 in.) on each side. Outside the circle, the line can be made of paint, wood or some other suitable material. The competitor shall take his first step outside the circle behind the line in question or its extension.

11.—Hammers must be carried back to the starting line or circle and never thrown back.

Measuring the Throw

12.—For a valid trial, the hammer must fall so that the point of impact is within the inner edges of lines 50 millimetres (2 in.)

wide marking a sector of 45° set out on the ground so that the radii lines cross at the centre of the circle.

The ends of the lines marking all sectors should be marked with sector flags.

See sector flag specifications Rule 181 para. 8 (Note).

13.—The measurement of each throw shall be made immediately after the throw from the nearest mark made by the fall of the head of the hammer to the inside of the circumference of the circle, along a line from the mark made by the implement to the centre of the circle.

14.—A distinctive flag or marker shall be provided to mark the best throw of each competitor, and this shall be placed along a line or tape *outside* the sector lines.

A distinctive flag or disc shall also be provided to mark the existing World Record and when appropriate the existing national record.

Construction of a Hammer Circle

15.—*Construction:* Circles shall be made of band iron, steel or other suitable material, the top of which shall be flush with the ground outside.

The interior of the circle may be constructed of concrete, asphalt or some other firm but not slippery material. The surface of this interior shall be level and 20 mm (0.75 in.) \pm 6 mm lower than the upper edge of the rim of the circle.

Measurements.—The inside diameter of the circle shall be 2.135 metres (7 ft.) (\pm 5 mm).

The rim of the circle shall be at least 6 millimetres (0.25 in.) in thickness and shall be painted white.

The Throwing Field

16.—The maximum allowance for the inclination in the throwing direction of the throwing field shall not exceed 1:1000.

Hammers to be used

17.—At Olympic Games and Area or Group Games or Championships, only hammers provided by the Organisers may be used, and no modification can be made to them during the competition. No competitor shall be permitted to take any hammer into the arena.

At meetings between two or more Members, competitors

may use their own hammers, provided these are checked and marked as approved by the Organisers before the competition and made available to all competitors.

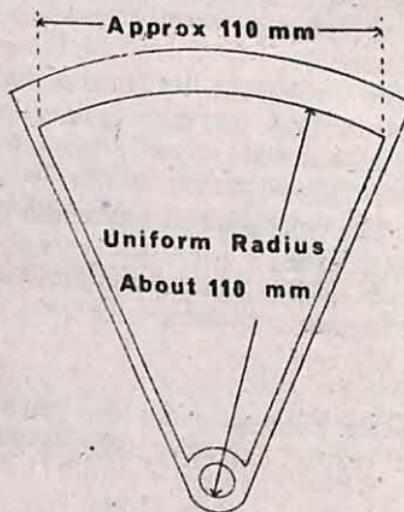
The Construction of the Hammer

18.—The hammer shall consist of three parts: a metal head, a wire and a grip

19.—*Head.* The head shall be of solid iron or other metal not softer than brass, or a shell of such metal, filled with lead or other solid material. It must be completely spherical in shape.

If a filling is used, this must be inserted in such a manner that it is immovable and that the centre of gravity shall be not more than 6 millimetres (0.25 in.) from the centre of the sphere.

20.—*Wire.* The wire shall be a single unbroken and straight length of spring steel wire not less than 3 millimetres in diameter or No. 11 Standard Wire Gauge, and shall be such that it cannot stretch appreciably while the hammer is being thrown. The wire may be looped at one or both ends as a means of attachment.



A suitable grip is illustrated above.

21.—*Grip.* The grip may be either of single or double loop construction, but must be rigid and without hingeing joints of any kind. It must not stretch appreciably while being thrown. It must be attached to the wire in such a manner that it cannot be turned within the loop of the wire to increase the overall length of the hammer.

22.—*Connection.* The wire shall be connected to the head by means of a swivel which may be either plain or ball bearing. The grip shall be connected to the wire by means of a loop. A swivel may not be used.

23.—The hammer shall conform to the following specifications:

Weight complete as thrown
Minimum 7.26 kg (16 lb.)

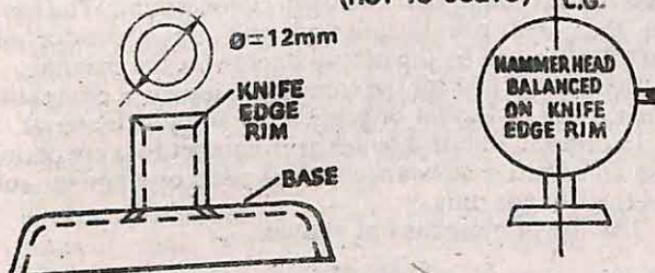
Length of Hammer measured from inside of grip
Minimum 1175 mm
Maximum 1215 mm

Diameter of head
Minimum 102 mm
Maximum 120 mm

Centre of gravity of head
Not more than 6 mm (0.25") from the centre of the sphere,
e.g.—It must be possible to balance the head, less handle and
grip, on a horizontal sharp-edged circular orifice 12 mm (0.5")
in diameter (see diagram).

SUGGESTED APPARATUS FOR TESTING CENTRE OF GRAVITY OF HAMMER HEAD

(not to scale)



Hammer Throwing Cage See Rule 183 for specifications.

RULE 185

Throwing the Javelin

Competition Rules

1.—The order in which the competitors take their trials shall be drawn by lot. *See also Rule 143 (7).*

2.—Where there are more than eight competitors, each competitor shall be allowed three trials, and the eight competitors with the best performances shall be allowed three additional trials. In the event of a tie for eighth place, the tie shall not be decided and any competitor so tying shall be allowed the three additional trials. Where there are eight competitors or fewer, each competitor shall be allowed six trials.

At the competition ground, each competitor may, if possible, have two practice trials but no more. These should be made in order of the draw, and competitors called by name under the supervision of the judges. *See also Rule 142 (2).*

Once a competition has begun, competitors are not permitted to use the runway or ground within the sector for practice trials, with or without a javelin.

3.—Each competitor shall be credited with the best of all his throws, subject to conditions relating to ties. *Rule 146.*

4.—No device of any kind—e.g. the taping of two or more fingers together—which in any way assists a competitor when making a throw, shall be allowed.

The use of tape on the hand shall not be allowed except in the case of the need to cover an open cut or wound. The use of tape on the wrist will be allowed only upon production of a certificate given by the official doctor for the meeting.

In order to protect the spine from injury, a competitor may wear a belt of leather or some other suitable material.

In order to obtain a better grip, competitors are permitted to use an adhesive substance such as resin or a similar substance on their hands only.

The use of gloves is not allowed.

Requirements for a Valid Throw

5.—(a) The javelin must be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and must not be slung nor hurled. Non-orthodox styles are not permitted.

(b) No throw shall be valid on which the tip of the metal head does not strike the ground before any other part of the javelin.

(c) A competitor may not cross either of the parallel lines.

(d) It is a foul throw if the competitor touches, with any part of his body or limbs, the strip (*see paragraph 6*), or the lines drawn from the extremities thereof at right angles to the parallel lines, or the ground beyond the strip or those lines.

(e) At no time after preparing to throw, until the javelin has been discharged into the air, may the competitor turn completely around, so that his back is towards the throwing arc.

(f) A competitor shall not leave the runway until the javelin has touched the ground. He shall then, from a standing position, leave the runway from behind the arc and the lines drawn from the extremities of the arc. (*see paragraph 8*).

(g) If the javelin breaks at any time in the course of the throw, it shall not count as a trial, provided the throw was made in accordance with the rules.

6.—A foul throw or improperly releasing the implement in making an attempt shall be recorded as a trial, but shall not count.

7.—Javelins must be carried back to the starting line and never thrown back.

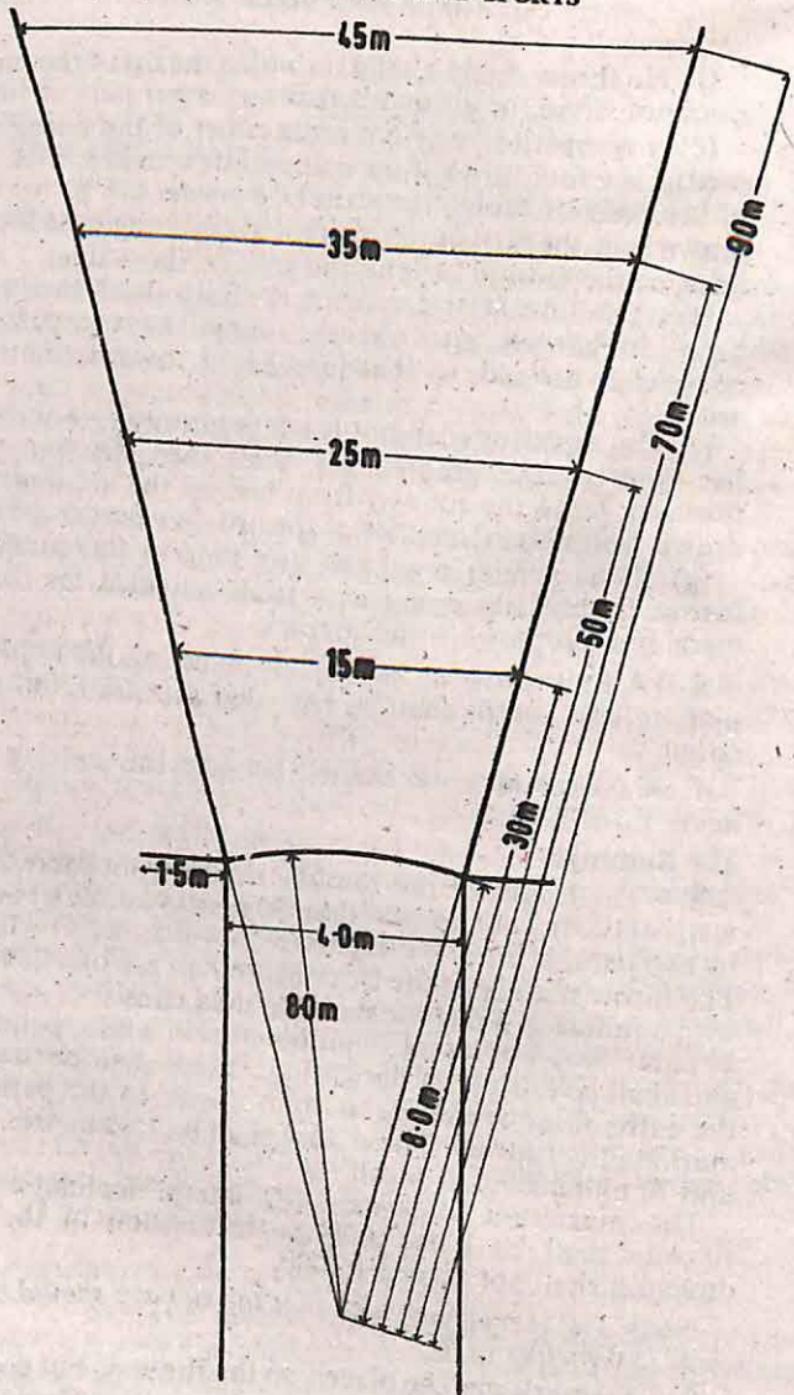
The Runway

8.—The length of the runway shall be not more than 36.5 metres (120 ft.) but not less than 30 metres and shall be marked by two parallel lines 50 millimetres in width and 4 metres apart. The throw shall be made from behind an arc of a circle drawn with a radius of 8 metres; such arc shall consist of a strip made of paint, wood or metal 70 millimetres in width, painted white and shall be flush with the ground. Lines shall be drawn from the extremities of the arc at right angles to the parallel lines marking the runway. These lines shall be 1.50 metres in length and 70 millimetres in width.

The maximum allowance for lateral inclination of the runway shall be 1:100 and the inclination in the running direction shall not exceed 1:1000.

NOTE.—*It is recommended that the runway should be not less than 33.5 metres (110 ft.).*

9.—No mark shall be placed on the runway, but competitors may place marks—supplied by the Organising Committee—at the side of the runway.



JAVELIN RUNWAY + THROWING SECTOR

Not to Scale

Measurements

10.—All throws to be valid must fall within the inner edge of lines 50 mm wide marking the sector, set out on the ground by extending the lines from the centre (A) of the circle, of which the arc is a part, through the points (B) and (C) at which the arc joins the lines marking the runway. The ends of the radii lines should be marked with sector flags. See Rule 181 para.2.

Sectors may be marked at e.g. 30 m, 50 m, 70 m.

11.—The measurement of each throw shall be made immediately after the throw from the nearest mark made by the head of the javelin to the inside edge of the arc along a line from the mark made by the implement to the centre of the circle of which the arc is a part.

12.—A distinctive flag or marker shall be provided to mark the best throw of each competitor, and this shall be placed along a line or tape *outside* the sector lines.

A distinctive flag or disc shall also be provided to mark existing Records e.g. World or National records.

Implements to be used

13.—At Olympic Games and Area or Group Games or Championships, only implements provided by the Organisers may be used, and no modification can be made to them during the competition. No competitor shall be permitted to take any implement into the arena.

At meetings between two or more Members, competitors may use their own implements, provided these are checked and marked as approved by the Organisers before the competition and made available to all competitors.

Construction

14.—The javelin shall consist of three parts: a metal head, a shaft, and a cord grip. The shaft may be constructed of either wood or metal and it shall have fixed to it a metal head terminating in a sharp point.

15.—The cord shall be about the centre of gravity without thongs, notches or indentations of any kind on the shaft, and shall not exceed the circumference of the shaft by more than 25 millimetres (1 in.). The binding shall be of uniform thickness.

16.—The cross-section shall be regularly circular throughout and the maximum diameter thereof shall be under the grip. From the grip the javelin shall taper gradually to the *tip of the metal head* and the rear tip. The line from the end of the grip to the *tip of the metal head* may be straight or slightly curved, but

the curve must be gradual and there must be no abrupt alteration in the diameter of the section throughout the length of the javelin.

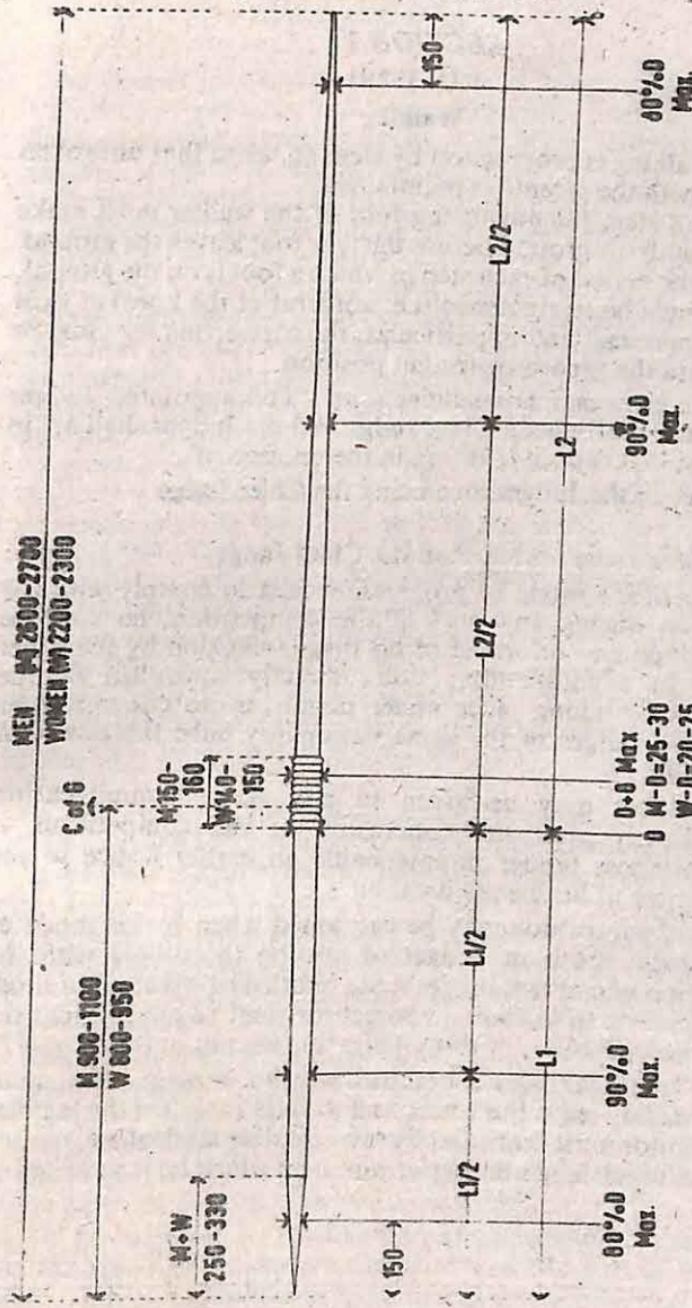
NOTE.—Whilst the cross section should be circular, a maximum difference between the biggest and the smallest diameter of the oval of 5 per cent is permitted. The mean value of these 2 diameters must correspond to the specification given for a circular Javelin.

17.—It shall conform to the following specifications:

Javelin		Men	Women
Weight inclusive of cord grip	Min.	800 g	600 g
Overall length	Min. Max.	2.60 m 2.70 m	2.20 m 2.30 m
Length of metal head	Min. Max.	250 mm 330 mm	250 mm 330 mm
Distance from tip of metal head to centre of gravity	Min. Max.	0.90 m 1.10 m	0.80 m 0.95 m
Diameter of shaft at thickest point	Min. Max.	25 mm 30 mm	20 mm 25 mm
Width of cord grip	Min. Max.	150 mm 160 mm	140 mm 150 mm

18.—The javelin shall have no mobile parts or other apparatus which during the throw could change its centre of gravity or throwing characteristics.

19.—The tapering of the shaft from the maximum diameter to the tip of the metal head or to the rear tip shall be such that the diameter at the midpoint between the end of the cord grip and either tip shall not exceed 90 per cent of the maximum diameter of the shaft and that at a point 150 millimetres from either tip 80 per cent of the maximum diameter.



INTERNATIONAL JAVELIN

SECTION VI**RULE 191****Walking**

1.—Walking is progression by steps so taken that unbroken contact with the ground is maintained.

At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. During the period of each step in which a foot is on the ground, the leg must be straightened (i.e. not bent at the knee) at least for one moment, and in particular, the supporting leg must be straight in the vertically upright position.

2.—*Judging and Disqualifications.* The appointed Judges of walking shall elect a Chief Judge. All the Judges shall act in an individual capacity. When, in the opinion of

(a) two of the Judges, one being the Chief Judge
or

(b) three Judges other than the Chief Judge.

a competitor's mode of progression fails to comply with the definition during any part of the competition, he shall be disqualified and informed of his disqualification by the Chief Judge. In a competition either directly controlled by the I.A.A.F. or taking place under permit, in no circumstances shall two Judges of the same nationality have the power to disqualify.

3.—Effect may be given to any such disqualification immediately after the conclusion of the competition, if circumstances render impracticable an earlier notice to the competitor of his disqualification.

4.—A competitor may be cautioned when by his mode of progression he is in danger of ceasing to comply with the definition of contact; but he is not entitled to a second caution. The decision to caution a competitor shall be made under the same procedure as for disqualification set out in paragraph 2.

5.—In track races a competitor who is disqualified must immediately leave the track, and in road races the disqualified competitor must immediately after his disqualification, remove the distinguishing number or numbers which he is wearing.

NOTE.—It is recommended that a system of signalling "caution" by white flag and "disqualification" by red flag be used as far as possible during a walking race for the information of the officials, competitors and spectators.

6.—In all international races of more than 20 kilometres (or 12 miles), refreshments shall be provided by the organisers, and refreshment stations shall be arranged at 5 kilometres or 3 miles, and thereafter at every 5 kilometres or 3 miles. No refreshment may be carried or taken by any competitor other than that provided or agreed by the organisers. A competitor may submit to them the type of refreshment desired and this, if approved, must then be handed in to the Organisers at a time and place specified by them. It shall be available at the stations nominated by the competitor. The refreshments shall be placed in such a manner that they are easily accessible for the competitors or so that they may be put into the hands of the competitors. A competitor taking refreshments at a place other than the refreshment points appointed by the organisers renders himself liable to disqualification.

In races of more than 20 km, the Organisers may, at their discretion and to prevent general distress to competitors, supply additional sponging points after 10 kilometres or 6 miles where water only shall be supplied. In 20 km events, sponging points only may be provided after 5 km, 10 km and 15 km.

7.—In the Olympic Games and in all major events the 50 kilometres walk shall be so arranged as to ensure that the first walker home finishes approximately at sunset in order that he may enjoy the best climatic conditions.

8.—For the Olympic Games and Area Championships or Games, the circuit for the 20 kilometre event should be a maximum of 3000 metres with a minimum of approximately 1500 metres:

9.—The organisers of events held on roads must take care to ensure the safety of competitors. In the case of Olympic Games and Area or Group Games or Championships Walking races, the organisers must where possible give an assurance that the roads to be used for the competitions will be closed in both directions; i.e. not open to motorised traffic.

NOTE.—A booklet "Guidance for Walking Judges", produced by the I.A.A.F. Walking Committee with the aim of bringing about a better understanding of the sport of race walking, is available from the I.A.A.F. Bureau—see publications list.

RULE 192

**International Walking Competition for the
"Lugano" Trophy**

This competition will be conducted by a Sub-Committee appointed by the Walking Committee of the I.A.A.F. in accordance with Rules approved by Congress:

SECTION VII

COMBINED COMPETITIONS

RULE 195

Pentathlon and Decathlon**MEN**

- 1.—The Pentathlon consists of five events which shall be held in the following order: long jump; throwing the javelin; 200 metres; throwing the discus; and 1500 metres.
- 2.—The Decathlon consists of ten events which shall be held on two consecutive days in the following order:
First day —100 metres; long jump; putting the shot; high jump and 400 metres.
Second day—110 metres hurdles; throwing the discus; pole vault; throwing the javelin; and 1500 metres.

WOMEN

- 3.—The Pentathlon for women consists of five events which shall be held either on one day or on two consecutive days in the following order:
First day —100 metres hurdles; putting the shot; high jump.
Second day—long jump; 800 metres.

GENERAL

- 4.—At the discretion of the Referee, there shall be whenever possible, an interval of at least 30 minutes between the time one event ends and the next event begins, for any individual athlete.
- 5.—The order of competing may be drawn before each separate event. In the 100 metres, 200 metres, 400 metres, 100 metres Hurdles and 110 metres Hurdles events, the competitors compete in groups as decided by the Referee, so that preferably three or more competitors and never less than two are in each Group.

In the 800 metres in the Women's Pentathlon, one group should consist of those competitors occupying the leading positions at the end of 4 events.

In the 1500 metres in the Decathlon, the Heats may be made up and a draw made as and when competitors become available from the previous event. One Group should preferably consist of the leading competitors at the end of nine events. The Referee shall have power to rearrange any Group, if in his opinion it is desirable.

6.—The I.A.A.F. rules for each event constituting the competition will apply with the following exceptions:

- (a) In the long jump and each of the throwing events, each competitor shall be allowed three trials only.
- (b) Each competitor's time shall be timed by 3 timekeepers independently. If for any reason only two register times, and these two disagree, the longer time of the two shall be adopted as official. Alternatively times may be recorded by an approved electrical timekeeping device.
- (c) In the running trials and the hurdles, a competitor shall be disqualified in any event in which he has made *three* false starts.

7.—The scores separately and combined should be announced to the competitors after the completion of each event.

In the 100 metres and 110 metres Hurdles (Decathlon) and 100 metres Hurdles and 800 metres (Women's Pentathlon), times shall be given to 1/100th of a second where electrical timing is in operation, and scored by using the appropriate I.A.A.F. Scoring Tables to 1/100th second.

8.—The winner shall be the competitor who has obtained the highest number of points in the five or ten events, as the case may be, awarded on the basis of the I.A.A.F. Scoring Table.

9.—In the event of a tie, the winner shall be the competitor who in the greater number of events has received more points than the other competitor/competitors tying. If this does not resolve the tie, the winner shall be the competitor who has the highest number of points in any such events. This shall apply to ties for any place in the competition.

10.—Any athlete failing to start or make a trial in one of the five events of the Pentathlon or in one of the ten events of the Decathlon shall not be allowed to take part in the following event but shall be considered to have abandoned the competition. He shall not therefore figure in the final classification.

DIVISION IV
WORLD CHAMPIONSHIPS

RULE 301

World Championships shall be held at such times as Congress decides.

RULE 302

Events

The World Championships shall comprise the following events:

Men.—100 metres; 200 metres; 400 metres; 800 metres; 1,500 metres; 5,000 metres; 10,000 metres; 110 metres Hurdles; 400 metres Hurdles; 3,000 metres Steeplechase; 20 km Walk; 50 km Walk; 4 × 100 metres Relay; 4 × 400 metres Relay; Marathon; High Jump; Long Jump; Triple Jump; Pole Vault; Shot; Discus; Hammer; Javelin; Decathlon.

(24 events)

Women.—100 metres; 200 metres; 400 metres; 800 metres; 1,500 metres; 3,000 metres; 100 metres Hurdles; 4 × 100 metres Relay; 4 × 400 metres Relay; High Jump; Long Jump; Shot; Discus; Javelin; Pentathlon.

(15 events)

RULE 303

Entries

Individual Events

Every country is entitled to enter one competitor for each event regardless of standard attained, but if second or third competitors are entered, all must have achieved the listed entry standards. Not more than three competitors may be entered for any individual event.

Each country may enter up to three participants in the Marathon Race and in the 20 km Walk, and the 50 km Walk. Minimum standards are not required for these events.

No substitute competitors may be entered in the individual events.

Team Events

Every country may enter one team for each relay race; minimum standard do not apply.

Six competitors may be entered for each relay. From these six, and from any other competitors already entered for any event in the Championships, four competitors to start must be nominated on the day specified for the declaration of runners.

Time Limits

Time limits for national entries, individual entries by name, and final declaration of runners shall be published in the Athletics Regulations issued by the Organising Committee.

RULE 304**Entry Standards**

The I.A.A.F. Council shall publish, at least 12 months before the Championships, the performances which must have been achieved during the previous 12 months by any athlete entered. No entry will be accepted unless the performance laid down by the I.A.A.F. has been accomplished under the conditions required for the recognition of National Records.

RULE 305**Qualification Trials**

- (i) Where in any of the throwing or jumping events the number of entries exceeds 18, a qualifying round shall be held prior to the competition proper.
- (ii) No athlete shall participate in the competition proper unless he has reached the standard prescribed by the Council in the qualifying round; but if in any event less than 12 competitors reach the qualifying standard, then the first 12 athletes and any athlete tying for the 12th place shall take part in the competition proper.
- (iii) In each qualifying round, each competitor shall be allowed three trials, but the performances accomplished shall not be considered part of the competition proper. Once a competitor has reached the qualifying standard he shall not make any more trials.

RULE 306**Technical Requirements**

World Championships shall be held in a stadium provided with an all-weather track with eight lanes.

Fully automatic electrical timing and photo-finish installations must be provided by the Organising Committee and shall be used for the competitions. Starting blocks must be fitted with approved false-start detection apparatus for the assistance of starters.

Electronic measuring equipment must be used for the Discus, Hammer and Javelin Throws.

Doping tests shall be carried out according to the provisions of the I.A.A.F. anti-doping regulations currently in force.

Sex control examinations shall be performed in compliance with the I.A.A.F Rules and procedures for participants in Women's events.

The Organisers shall not provide for use any implements of a type which have not been generally available for at least two years. A list of the implements to be provided, stating make and type, shall be issued two years in advance.

Similarly, competitors providing their own vaulting poles in such competitions may not use new types of poles which have become generally available only during the period of one year preceding the competitions.

RULE 307**Technical Delegates**

Two Technical Delegates shall be appointed by the Council for each World Championships. The Technical Delegates shall work in collaboration with the Organising Committee and:

- (i) are responsible for ensuring that all the technical arrangements and the conduct of the competitions are in complete conformity with the Rules of the I.A.A.F.;
- (ii) shall submit to the Council proposals for the timetable of events;
- (iii) shall keep the Council informed with progress reports whenever deemed necessary concerning decisions reached in conjunction with the Organising Committee on the arrangements for the Championships;
- (iv) shall check entries and arrange heats and qualifying rounds and all subsequent rounds.

RULE 308

Jury of Appeal

The Jury shall be appointed by the Council of the I.A.A.F.

RULE 309

Referees, Judges and other Officials

The Council of the I.A.A.F. is responsible for the appointment of all Judges, Referees and other Technical Officials, for which proposals shall be submitted by the National Federation of the country where the World Championships are being held.

DIVISION V

RULE 381

EVENTS FOR WHICH WORLD RECORDS ARE
RECOGNISED

Fully automatic Electrically Timed performances (E.T.)

Hand Timed performances (H.T.)

MEN

E.T. only 100m, 200m, 400m, 110m Hurdles, 400m Hurdles, 4 × 100m Relay.

E.T. or H.T. 800m, 1,000m, 1,500m, One Mile, 2,000m, 3,000m, 5,000m, 10,000m, 20,000m, 1 Hour, 25,000m, 30,000m, 3,000m Steeplechase.

Relays: 4 × 200m, 4 × 400m, 4 × 800m, 4 × 1,500m.

Walking: 20km, Two Hours, 30km, 50km.

Jumps: High Jump, Pole Vault, Long Jump, Triple Jump.

Throws: Shot Putt, Discus, Hammer, Javelin.

Decathlon

WOMEN

E.T. only 100m, 200m, 400m, 100m Hurdles, 400m Hurdles, 4 × 100m Relay.

E.T. or H.T. 800m, 1,500m, One Mile, 3,000m.

Relays: 4 × 200m, 4 × 400m, 4 × 800m.

Jumps: High Jump, Long Jump.

Throws: Shot Putt, Discus, Javelin.

Pentathlon

VOLLEYBALL

CHAPTER I

Facilities, Playing Area and Equipment

Rule 1. Playing Area and Lines

Art. 1. Playing Area. The playing area shall be 18 metres long and 9 metres wide and free from all obstructions up to a height of 7 metres measured from the ground.

Art. 2. Boundary Lines. The court shall be bounded by lines 5 cm wide, which shall be drawn at least 2 metres from all obstructions. These lines are included in the playing area.

Art. 3. Centre Line. A line drawn beneath the net 5 cm wide, divides the court into two equal halves, and is limited by the side lines.

Art. 4. Attack Area. In each half of the court, a line of 9 metres by 5 cm parallel to the centre line, is drawn 3 metres from it, the width of which is included in these 3 metres. The attack area, as marked out by the centre line and the attack line, extends indefinitely beyond the side lines.

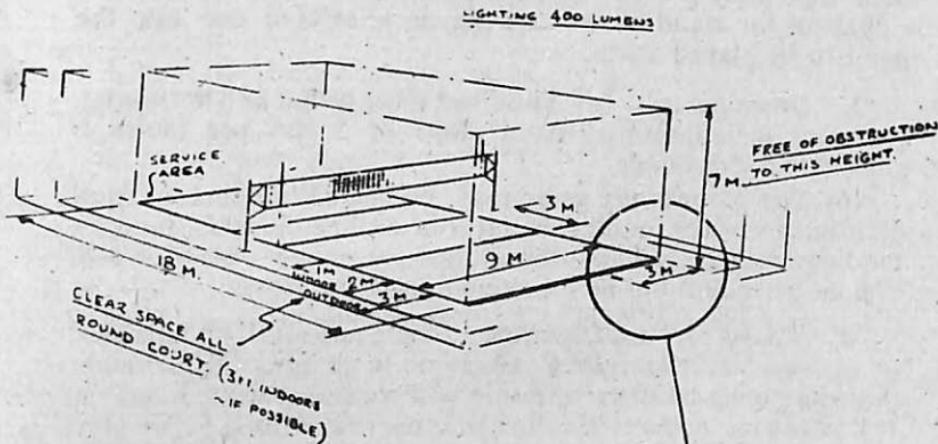
Art. 5. Service Area. Two lines 15 cm long and 5 cm wide drawn 20 cm behind and perpendicular to the end line mark the service area of each court. One line is an extension of the right hand side line and the other 3 metres to the left of it. The service area shall have a minimum depth of 2 metres.

Art. 6. Minimum Temperature. The temperature shall not be below 10 degrees centigrade.

1. *Height of Ceiling:* For the Olympic Games, there must be a clear space of 12.50 m above the court. For the final rounds of the World Championships or similar competitions, the same clear space is required unless a special concession is made by the IVBF Executive Committee.

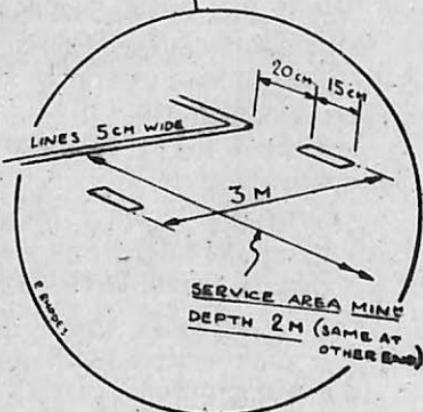
2. *Dimensions of Playing Area—Variations:* (a) A clear space of 3 metres should surround an open air court.

(b) A clear space of 2 metres should surround an indoor



"PICTORIAL VIEW of PLAYING AREA"

(NOT TO SCALE) MARCH '75



court. For the Olympic Games there should be a clear space of 8 m behind the back-lines and of 5 m beyond the side lines. For the final round of the World Championships and similar competitions the same dimensions are required, unless a special concession is made by the IVBF Executive Committee.

(c) The line judges' chairs and the referee's stand must be such that they present the least possible obstacle on court. If a chair or the stand obstructs a player, a referee can ask the point to be played again.

3. *Other Factors:* (a) The court must be flat and horizontal. However, for outdoor courts a slope of 5 mm per metre is allowable for drainage.

(b) The ground: the game may be played indoors or out, on a hard surface, on beaten earth or on fine cinders. Indoors, the floor may be on natural ground or made out of wood. The court should not be on cement, sand or grass.

4. *Courts that are Unsuitable:* The court must be approved by the special Referees' Commission in charge. Nevertheless the court must be under the referee's control before a match. He alone is responsible for whether or not it is fit for play. The referee will declare the court unfit for play in the following cases:

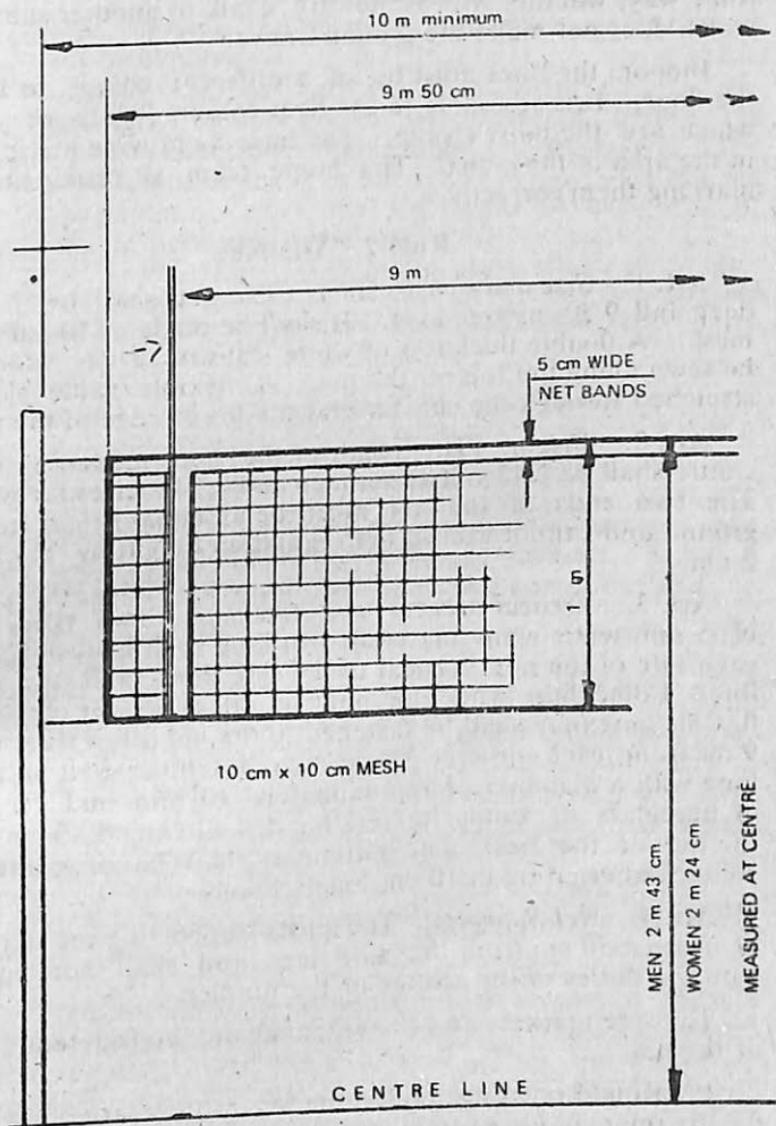
(a) if snow or rain has made the court soft or slippery.

(b) when play could be dangerous (excessive cold can make the court so hard or uneven that there would be the risk of players being hurt).

(c) when fog or darkness make it impossible to officiate properly.

5. If the weather is bad (thunderstorms, showers, high wind etc.) the referee can postpone the match or, if the match has already begun, interrupt it. (Rule 12, Art. 7)

6. *Court Lines:* Court lines made from wood, metal or other solid material are not allowed for outdoor court; the ground might erode, causing the lines to stick out and become dangerous to the players. This ruling also applies to lines made from brick or other hard material and for the same reason hollowed-out lines are not recommended.



The court lines should be marked before the beginning of the match. On an outdoor court the lines must be made in some way, whether with whitewash, chalk or another substance, which does not make the ground uneven.

Indoors the lines must be of a different colour to that of the floor. It is advisable to use light colours (white or yellow) which are the most visible. The lines 5 cm wide are included in the area of the court. The home team is responsible for marking them correctly.

Rule 2. The Net

Art. 1. Size and Construction. The net shall be 1 metre deep and 9.50 metres long. It shall be made of 10 cm square mesh. A double thickness of white canvas, 5 cm wide shall be sewn along the top of the net. A flexible cable shall be stretched through the canvas, and the lower edge of the net.

Art. 2. Height. The height of the net, measured in the centre shall be 2.43 metres for men and 2.24 metres for women. The two ends of the net must be an equal height from the ground and cannot exceed the regulation height by more than 2 cm.

Art. 3. Vertical Markers and Antennae. Two tapes made of 5 cm wide white material, 1 m long shall be fastened near each side of the net, vertical to the side lines and the centre line. Coinciding with the outside edges of the tapes two flexible antennae shall be fastened to the net at a distance of 9 m from each other. These two antennae shall be 1.80 m long with a diameter of approximately 10 mm and be made of fibreglass or similar material and shall extend 80 cm above the top of the net. The antennae shall be of contrasting colours, alternating in 10 cm long sections.

Art. 4. Net Supports. The posts supporting the net must be at least 50 cm from the side lines and shall not interfere with the duties of the referee or the umpire.

The side markers and the antennae are considered as part of the net.

1. Round posts are preferable since they are convenient for the referee and present no danger to the players. They

must be of a length that allows the net to be fixed at the correct height. Fixing the posts to the floor by means of wires should be avoided.

2. The height of the net must be measured before the match and at any other time that it might be necessary. The measurement should be made in the centre of the court but the referee must be sure to check that the height at each end of the net is within permitted variation.

3. The referee must also check that the vertical side markers and antennae are perpendicular to the side and centre lines.

4. The net must be tight throughout its length.

Rule 3. The Ball

The ball shall be spherical, made of a supple leather case with the bladder made of rubber or similar material. The ball shall be uniform in colour, indoors this colour shall be light.

Circumference.....66cm ± 1cm

Weight.....270 gr ± 10 gr

1. Balls used for any international match must be those approved by IVBF.

2. The referee must check before and during the match that the ball is in order.

3. A ball that has become wet or slippery must be changed.

4. *Pressure.* The pressure of the ball, measured with a special pressure gauge, must be between 0.48 and 0.52 kg/cm². However, the structure of the ball may affect the maximum variation of pressure allowed: for this reason, the judges of international competitions may reduce this margin of difference within the above range. The match organizers must provide the referee with a special pressure gauge.

(g) At the instant of contact with the ball, particularly during service reception, clapping, shouting or taking any action, the purpose of which is to distract the referee in his judgement concerning the handling of the ball.

Art 4. Penalties. 1. For a minor offence, such as talking to opponents, spectators or officials, shouting or intentional delay of the game: A warning, (yellow card). In the case of a repetition of the offence, a player receives a personal warning which is recorded on the score sheet and his team loses the service or the opponents win a point, (red card).

2. For a serious offence, a penalty is recorded on the score sheet and this automatically entails the loss of service by the offending team or the award of a point to the opponents, (red card). In the case of a repetition of the offence by the same player, the referee may disqualify him for the rest of the set or the match, (red and yellow cards).

The referee shall disqualify without any prior warning, any player making derogatory remarks to officials, opponents or spectators, (red and yellow cards).

1. The referee is responsible for the conduct of the players under his control. Under no circumstances may he allow incorrect or unsporting behaviour or rude remarks from the players.

Only the referee is empowered to warn a player, or to warn him and mark this on the score sheet. Only the referee may disqualify a player. If the captain asks, the referee must give his reasons for the decision and must not allow any further discussion. Should there be disagreement, team captains may state their case in writing on the score sheet, after the match.

2. The other officials (umpire, scorer and line judges) must immediately report to the referee any rude remark that is made by a player about the officials or about his opponents.

3. All actions penalized by loss of service, by a point for the opposition, or by the loss of a point or of service, as well as the disqualification of a player must be recorded on the score sheet. The reasons for the disqualification must also be noted. A first warning involves no penalty.

Rule 5. The Teams

Art 1. Players Strip. (a) The clothing of a player shall consist of a jersey, shorts and light pliable shoes (rubber or leather soles without heels). It is forbidden to wear a headgear or any article (jewels, pins, bracelets, etc.) which could cause injuries during the game. On request the referee may allow one or more players to play without shoes.

(b) Players' jerseys must be marked with numbers of between 8 to 15 cm high on the chest and numbers of 15 cm high on the back. The width of the material forming the number shall be 2 cm.

In international matches, the captain shall wear a badge on the left side of his chest, measuring 8 cm by 1.5 cm in a different colour to that of the jersey.

(c) Members of a team must appear on court dressed in clean, presentable strips of the same colour.

In cold weather, it is permissible to wear numbered training suits.

Art 2. Composition of Teams and Substitution. (a) Number of players: A team shall consist of six players regardless of the circumstances. The composition of a complete team, including substitutes, may not exceed twelve players. Before the start of a match, the names of all players, including substitutes, must be recorded on the score-sheet. Players not so listed may not play in the match.

(b) Substitutes: Substitutes and coaches must be on the side of the court opposite the referee.

Substitutes may warm up outside the playing area, providing they return to their designated place afterwards.

(c) Substitution of players: Substitution of players is made when the ball is dead, upon request from either captain or coach of a team to the referee or umpire.

A team is allowed a maximum of six substitutions per set. Before entering the game, a substitute must report to the scorer in playing strip, and be ready to take his place as soon as authorization is given. If the substitution is not completed immediately, a time-out is charged to the team. In the case

(g) At the instant of contact with the ball, particularly during service reception, clapping, shouting or taking any action, the purpose of which is to distract the referee in his judgement concerning the handling of the ball.

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Substitutes may warm up outside the playing area, providing they return to their designated place afterwards.

(c) Substitution of players: Substitution of players is made when the ball is dead, upon request from either captain or coach of a team to the referee or umpire.

A team is allowed a maximum of six substitutions per set. Before entering the game, a substitute must report to the scorer in playing strip, and be ready to take his place as soon as authorization is given. If the substitution is not completed immediately, a time-out is charged to the team. In the case

of a team having already exhausted the allowable number of time-outs, the team is penalized by loss of service or the opponents are awarded a point.

The captain or coach, requesting substitutions shall indicate to the referee and to the scorer the number(s) of the player(s) involved in the substitution. When substitution has been completed, the team may not request a new substitution until play has resumed and the ball is dead again.

(d) Any player beginning the set, may, in that set be replaced only once by a substitute. The original player may go back on court during the same set. However, he must re-enter in the rotational position he previously occupied and must then stay on court for the rest of that set.

Furthermore, no other player except the one originally withdrawn may enter the set to take place of the substitute. A substitute leaving the game may not re-enter it again in the same set. If a team becomes incomplete through injury to any player and if all other substitutes have been used, he can replace the injured player even if the substitute has already played in another position.

If the team becomes incomplete as a result of a player being sent off and all normal substitutions have been carried out, the team loses the set in progress but retains the points it has scored.

Art. 3. Position of Players. At the time the ball is served, players of both teams must be within their courts in two lines of three players, taking positions as follows:

The three players at the net are front line players, occupying from right to left, positions 2, 3 and 4 while the three players in the back are back line players, occupying from right to left, positions 1, 6 and 5. The positions of the players on the court must conform with the rotational order recorded on the score sheet; namely: In the front line, 3 must be between 2 and 4, and in front of 6. In the back line 6 must be between 1 and 5 and behind 3. Consequent 2 must be in front of 1 and 4 must be in front of 5. As soon as the ball is served players are allowed to move anywhere within the playing area, except under the net into their opponents court. The rotation order as indicated on the official score sheet must remain the same.

until the end of the set. Before the start of each set the rotational order may be changed but such changes must be recorded on the score sheet before the set begins.

Art. 4. Error in the Positioning of a Player. When a team is found to be out of a position, play must be stopped and the error corrected. All points made by the team whilst in the wrong position must be cancelled. If the team at fault is serving at the time of the discovery of the error a side out (change of service) will be called. All points scored by opponents will be retained. If it is not possible to determine when the error first occurred, the team in error shall resume its correct position and shall be penalized by loss of service or by the award of a point to their opponents.

1. Numbering of Players. Each player must wear a number on the front of his shirt. This number may be between 1 and 99. Numbers are obligatory, but they can be worn in any order.

2. Colours. When two opposing teams have strips of the same colour, the home team must change if possible. If this happens when a match is played on neutral ground, the team entered first on the score sheet must change if it has another strip.

If the temperature is low, the referee may allow players to wear tracksuits, provided that the tracksuits of a team are all the same and are numbered.

3. Number of Players. Under no circumstances can a team play with fewer than 6 players.

4. Substitutions. Only the coach or captain of a team may ask the referee or the umpire for a substitution. When they do this, the player(s) going on court must already be standing beside the scorer's table so that the substitution can be made immediately.

The captain or coach must first announce the number of substitutions and then the numbers of the players concerned. It is preferable to indicate first the number of the player coming off court and then the number of his substitute. For example:

(a) One substitution, Number 6 is replaced by Number 8.

(b) Three substitutions, Number 4 is replaced by Number 9, Number 3 is replaced by Number 12, Number 1 is replaced by Number 10.

If the substitutions are not made in this way and play is delayed, a time-out will be accorded to the offending team.

During substitution, the player or players leaving the court and their substitutes going on court, must raise one hand so as to be easily recognised by the scorer.

Referees are particularly reminded that the substitution must be immediate and that if two or more substitutions are to be made, they must be made in the same time that is allowed for a single substitution.

If a player is replaced this must be counted as a substitution. When more than one substitution is made, even if several are made at the same time, each substitution counts against the number allowed to the team.

5. Position of Players. At the moment the ball is served (i.e. the moment the ball is hit by the server) the back line players must be at least a little behind their corresponding front line players. It is a fault if a back line player is the same distance from the net as his corresponding front line player. The position of players is judged according to the positions of their feet.

It is at the moment the server hits the ball that the players must be in a correct position. Any positional fault must be signalled by the umpire or the referee, as soon as the ball has been hit. If one of the teams make a positional fault and the service is also incorrect, it is the positional fault which is counted. This is when the server hits the ball correctly but there is a fault during the flight of the ball (touches team mate, touches the net or goes out of court) and the receiving team is out of position, it is the fault of the receiving team that is counted.

If one of the teams commits a positional fault and the service is illegal (i.e. off the hand, player out of serving area, player touches court area, etc.) it is the illegal serve that is ruled against.

Rule 6. Team Coaches, Manager and Captains

Art. 1. Discipline of Teams. Team coaches, managers and captains are responsible for team discipline.

Art. 2. Time-Out Requests. The coach or captain has the right to request a time-out or substitution. During a time-out the Coach has the right to speak to players, but may not enter the Court.

Coaches and managers shall not, during the play, contest the decisions of the referee.

Art. 3. Addressing of Officials. The captain is the only player on the court who may speak to the officials.

The team managers, coaches and captains must know the rules and abide by them restrictly. During the match a player may not speak to the referee or the umpire on behalf of his team. In no case may the referee allow such an intervention.

To the left and right of the scoreboard, benches are to be placed. Only one or two trainers, a doctor or masseur and the reserve players can be seated on such benches.

The coach of each team marked on the score sheet can only speak to the referee and the umpire, in order to ask for a time-out or a substitution.

A coach may not give instruction to his players during the match (except in times out and between sets) nor may he argue with or protest to the referee or umpire. The same applies, throughout the match, to all other persons on the team bench. On the first occasion such a fault occurs in any one set, the referee must warn the team concerned. On the second occasion a further warning is made and noted on the score sheet and the team in fault is penalized by loss of service or his opponents gain a point.

CHAPTER III

Officials and their Duties

Rule 7. Officials of the Match

A match is conducted by the following officials: one referee, one umpire, one scorer and two or four linesmen.

Rule 8. The Referee (located above one end of the net) The referee controls the game and his decisions are final.

He has authority over all players and officials from the beginning to the end of the match, including any periods during which the match may be temporarily interrupted, for whatever reason.

The referee has the power to settle all questions, including those not specified in the Rules, and can overrule decisions by other officials when he considers that they have made a mistake. He must be located approximately 50 cm above one end of the net, in order that he can clearly see the play. In accordance with Rule 4, the referee penalizes bad behaviour of players, coaches and managers.

NOTE. Immediately after the whistle stops play, the referee shall indicate with the use of hand signals the nature of the fault committed and the team which has service.

The referee is responsible for the correct conduct of the match. He must blow his whistle whenever he judges it to be necessary and at the beginning and end of each point. Each rally is considered to be finished when the referee blows his whistle. Generally speaking, the referee should only interrupt play when he is sure that a fault has been committed. He should not blow his whistle if there is any doubt.

Should the referee need to deal with anything outside the field of play, he should ask the organisers and players to help.

If the referee is sure that one of the other officials is not fulfilling his functions as defined by the rules, he may overrule the decisions of that official and even dismiss him.

Should an interruption occur, particularly should spectators invade, the court, the referee must suspend the match and ask the organisers and the captain of the home team to re-establish order within a set period of time. If the interruption continues beyond this period of time, or if one of the teams refuses to continue playing, the referee must instruct the other officials to leave the court with him. The referee must record the incident on the score sheet and make out a report that he must send to the Commission concerned within 24 hours.

Rule 9. The Umpire (assisting the referee)

The umpire shall place himself on the other side of the court facing the referee.

1. He blows his whistle when a player has crossed the centre line or illegally played the ball within the attack zone.
2. He points out any contract of the ball with the antennae and whenever the ball passes outside them.
3. He times the duration of times out.

4. He supervises the conduct of coaches and substitutes on the bench.
5. He authorizes substitutions if requested by team captains or coaches.
6. He judges contacts with the net, except those over or near to the top of the net.
7. He checks that the rotational order or positions of the receiving team are correct at the time of each service.
8. He calls the attention of the referee to any unsporting actions.
9. He verifies at the beginning of each set that the initial positions of each team correspond exactly to the order of rotation as shown on the score sheet.
10. He watches for contact of the ball with any foreign objects.
11. He gives his opinion to the referee in all matters, when so requested.

Note. The ball is considered to be dead when either official blows his whistle.

Whenever a time-out is asked for, the umpire takes possession of the ball and signals to the referee the number of times out already claimed by each team. He then tells the captain and coach of each team number of times out they have had.

The umpire will only allow a substitution when the player who is to go on court is standing ready near to the scorer's table.

Should the referee suddenly be indisposed, the umpire must take charge of the game in his place.

Rule 10. The Scorer

The scorer's position is on the opposite side of the court to the referee and behind the umpire. His duties are as follows:

1. Before the beginning of each match, he records on the score sheet the names and numbers of the players and substitutes, and obtains the signatures of the captains and coaches who are authorized to make substitutions.
2. He records the score as the match progresses, carefully noting substitutions and the number of times out requested during each set.

3. At each new request for a time out, he shall announce the number of times out that have been requested during that set by each team.

4 After the toss and before each set, he records on the score sheet the position of the players on the court (i.e. rotation order). The position of the team serving first is recorded first on the score sheet.

He shall not give the respective formations of the teams to anyone, except to the officials when so requested.

5 During the set he shall see that the rotation order is observed.

6 He announces the changing of ends after the end of each set and after the eighth point made by one of the teams in the deciding set.

7 During the stoppages of play, he points out to officials the number of requests for times out.

8 At the end of the match he presents the score sheet to the referee and umpire for signature.

The scorer when asked must tell either of the coaches or captains the number of substitutions and times out they have already been given. At the beginning of each set the coaches must give the scorer a piece of paper on which the line up of their players is marked. The scorer must control the order of service. He must score each point and make sure that the score on the scoreboard corresponds with the score sheet.

The scorer must write down all remarks and incidents that lead to a player being disqualified.

Rule 11. The Linesmen

At least two linesmen are placed diagonally in opposite corners of the playing area, other than the service areas, at a minimum distance of 1m indoors and 3 m outdoors. Each linesman watches the side-line and the end-line nearest him. The linesman is responsible for signalling when the ball is "out" by raising the flag, and when the ball is "in" by lowering the flag.

The linesman signals to the referee when:

— errors are made by a player when serving;

- the ball touches the antennae;
- the ball does not pass over the net completely between the antennae or their indefinite extension;
- the ball, which is "out" was contacted by a player of the receiving team before-hand,

Whenever the linesmen want to attract the attention of the referee to a fault committed by a player, or to rude remarks made by a player, they must raise their flag and wave it from side to side.

For important competitions it is recommended to use four linesmen rather than two.

Linesmen should be positioned on the extension of the lines.

Linesmen shall be standing.

CHAPTER IV Rules of the Game

Rule 12. Duration of the Game and Choice of Ends

Art. 1. Number of sets in a Match. All international matches are to be played to the best of five sets.

Art. 2. Choice of Ends. The captains toss a coin to decide ends and service. The winner may choose either the end he prefers or the right to serve first.

Art. 3. Choice of End for the Deciding Set. Before the start of the deciding set, the referee makes a new toss of the coin to decide the choice of ends or service.

Art. 4. Change of Ends. Teams must change ends after each set, except when the following set is the decider. Ends of the court in the deciding set are chosen after the second toss.

Art. 5. Change of Ends in the Middle of the Deciding Set. When the teams have won the same number of sets and one team has eight points in the decider, the teams will change ends automatically, and the serving will continue by a player who served prior to the change of ends. If the change of ends was not made at the correct time, it will take place as soon as the referee or one of the captains notices it. The score remains unchanged.

Art. 6. Interruptions of Play. Times Out:

(a) A time-out may be granted by the referee or the umpire only when the ball is dead.

When the captain or coach requests a stoppage, he must make it clear whether it is for a time-out or a substitution. If he makes no indication, the referee must presume that the stoppage required is a time-out.

(b) During a time-out, the players are not allowed to leave the court and may not speak to anyone except to receive advice off their coach, who however, may not enter the court.

(c) Each team may take two times-out per set. The length of such times-out is limited to thirty seconds. Two consecutive times-out may be requested by either team, without resumption of play between them. A time-out may be followed immediately by a substitution requested by either team, and a substitution can be followed immediately by a time-out.

(d) If in error a third time-out is requested, it shall be refused and the captain or coach making the request shall be warned. If the offence is repeated during the same set, the offending team will be penalized with the loss of service or the opponents will be awarded a point.

Substitutions. (e) Following the substitution of a player, play will resume immediately, and no one, including the coach, is allowed to advise the players during a substitution.

(f) In the case of injury, an interruption of three minutes will be allowed and will not be counted as a time-out. This interruption for injury can only be allowed if the injured player cannot be replaced. As soon as a referee notices an injury, he shall stop play. The point shall be re-played.

Interval between sets. (g) A maximum interval of two minutes is allowed between sets. This interval shall be five minutes between the fourth and fifth sets.

The interval includes time spent changing ends and recording rotational orders on the score sheet.

Art. 7. Interruption of the Match. If any circumstances (such as bad weather, failure of equipment, etc.) prevent the completion of an international match, the following shall apply:

(a) If the game is resumed on the same court after one or more periods not exceeding four hours, the score in the interrupted set will remain the same and the game resumes where it left off.

(b) If the match is resumed on another court, the score of the interrupted set is annulled. However, the results of completed sets remain. The cancelled set will be re-played under the same conditions as before the interruption.

(c) If the delay exceeds four hours, the match shall be re-played completely, whatever court is chosen.

1. *Times-Out:* As soon as a time-out has been requested, the ball must be given to the umpire. Times-out may be shortened if the captain or coach who asked for them wishes. The extension of the first time-out is penalized by automatic accordance of the second time-out, whose entire length may then be used. The extension of the second time-out will be penalized by the referee as a serious offence and is recorded on the scoresheet, (Rule 4 Art. 4 Para 2). If the captain or the coach of either team asks the umpire for a time-out or a substitution after the referee has blown his whistle, the umpire must refuse. If however the umpire blows his whistle and play is stopped the team asking for the time-out is not penalized, the point is restarted.

2. *Changing ends during the final set:* Changing ends during the final set must be done without any interruption. No instructions can be given to the players as they change over. The players must adopt the same positions on court as they were in before the change.

As soon as the change has been made, the scorer must make sure that the players are in the correct positions.

Rule 13. Beginning the Game and Service

Art. 1. The Service. Service is the act of putting the ball into play. This is done by the right hand back line player, who hits the ball with his hand (open or closed) or any part of the arm, in order to send the ball over the net into the opponents court.

The server stands in the service area and hits the ball. At this moment of contact the service is completed. The ball is

struck after having been thrown in the air or released from the hand. The server is not allowed to strike the ball, resting on his other hand. After striking the ball, the player may land on the line or inside the court, so long as at the moment of impact he was behind the back line and within the service area.

If, after having been thrown or released from the hand, the ball falls to the ground without being hit or contacted the service is re-taken. However, the referee will not allow the game to be delayed in this manner.

The service is considered good if the ball passes over the net without touching it, and between the antennae. The service must be made immediately after the referee has whistled. If the service is made before the whistle, it must be taken again.

Art. 2. Duration of Service. A player continues to serve until his team commits a fault.

Art. 3. Serving faults. The referee will blow his whistle and signal 'change of service' when one of the following serving faults occur :

- (a) The ball touches the net.
- (b) The ball passes under the net.
- (c) The ball touches the antennae or does not pass over the net completely between the antennae or the extension of the antennae.
- (d) The ball touches a player of the serving team or any object before entering the opponents court.

(e) The ball lands outside the limits of the opponents court.

Art. 4. Serving Out of Order. If the service is made by the wrong player, the referee shall whistle 'change of service' and that side shall lose all the points scored whilst the wrong player was serving. The players of the team that was at fault shall revert to their correct positions.

Art. 5. Serving in Second and Subsequent Sets. Serving in each new set is started by the team which did not serve in the preceding set, except in the deciding set, when the first serve is decided by the toss of a coin.

Art. 6. Delaying the Game. Any act which in the opinion of the referee delays the game will be penalized.

Art. 7. The Screen. At the moment of service, it is illegal for players of the serving side to wave their arms, jump or form groups of two or more players with the aim of forming a screen to mask the server's action.

If the server throws the ball in the air but doesn't hit it and if it touches some part of his body as it falls, this counts as a fault and the ball is given to the other team. Service cannot be made with two hands (e.g. with a dig).

At the moment he hits the ball, the server may not touch or step on the back line of the court. However, he may jump or move forward. As soon as the ball has been hit, the server may land on the end line or inside the court, as he completes his serving action. If the served ball touches the net at the moment the opposing team is whistled for a positional fault, the server's team scores a point.

The service is a fault when :

- (a) The player serves from outside the service area.
- (b) The ball is thrown or pushed.
- (c) The player serves with two hands.
- (d) The wrong player serves.
- (e) The ball is not thrown or released before it is hit.

The referee must whistle for service as soon as he considers that all the players are in position and ready. The service must be made as soon as the referee blows his whistle. The referee will allow a delay of about five seconds after blowing his whistle.

The server may make a second and last attempt at service, for which he is allowed an additional five seconds. If the player does not serve within these time limits he commits a serious offence which must be penalized by loss of service for his team. The server is not allowed to delay his service after the referee's whistle even if he considers that the players in his team are in the wrong positions or are not ready.

In order to clarify the interpretation of Rule 13, Article 6, it is necessary to explain that any attempt to delay the game must be penalized by the referee; after the first warning, the

referee must penalize the team concerned by denoting it as a serious offence.

Rule 14. Change of Service

Art. 1. Change of Service. Service is changed when the serving team commits a fault.

Art. 2. Side Out. The service will change sides when a side out is called.

At each change of service, the team winning service must rotate. Accordingly, at the beginning of a set, only the team serving the first ball remains in the same position. When this team makes a mistake, the opposition must rotate before serving.

Rule 15. Rotation

Art. 1. Change of Service. On change of service, the team to serve will rotate one position clockwise before serving.

Art. 2. Change of positions at the Beginning of a New Set. At the beginning of a new set, the players may change their positions, providing the scorer has received the new line up before the beginning of the set.

Rotation must be clockwise. In the back row, the player in the right-hand corner moves to the centre and the player in the centre moves to the left-hand corner. This means that the player on the right in front moves to the right-hand corner in the back and serves. In this way each player occupies each of the six positions in succession.

Only as the server hits the ball must the players be standing in a particular position; at this moment they must be in the order noted on the score-sheet. As soon as the ball has been hit, the players can move wherever they like, switching players.

At the beginning of each set, the team can change their line-up by putting on new players or by changing the order of the players already on court. However, the scorer must be notified before the set, of any changes that are to be made. The coaches or captains must give the scorer a piece of paper on which the line-up is marked.

If a team forgets to tell the scorer of any changes before the beginning of the set (i.e. before the referee blows his whistle for the first service), the players must line-up as for the preceding set.

Rule 16. Contacting the Ball during Play

Art. 1. Maximum of three contacts on a side. Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponents' area with the exception of contacts while blocking (Rule 17, Art. 4a and 4b).

Art. 2. Contact of ball with body. The ball may be hit with any part of the body above and including the waist.

Art. 3. Simultaneous Contact with Body. The ball can contact any number of parts of the body down to the waist, providing that contacts are simultaneous and that the ball is not held but rebounds cleanly.

Art. 5. Contact with the Ball. A player who contacts the ball or is contacted by the ball shall be considered as having played the ball.

Art. 5. Held Ball. When a ball rests momentarily in the hands or arms of a player, it is considered as held. The ball must be cleanly hit. Scooping, lifting, pushing or carrying the ball shall be considered as holding. A ball hit cleanly with both hands from below is considered as good.

Art. 6. Double Hit. A player contacting the ball more than once with whatever part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit (exception: Blocking: Rule 17, Art. 4c).

1. *The contact must be brief and instantaneous.* When the ball has been hit hard (with a service or a spike) it sometimes stays very briefly in the hands of the player who receives it. In this case, a contact that is played from below or a high reception where the ball is received high in the air should not be penalized.

The following ways of playing the ball should not be counted as faults:

(a) When the sound made is different to the sound made

by a finger tip hit, but the hit is still played simultaneously with both hands, and the ball is not held.

(b) When the ball touches the player's finger tips and immediately rebounds behind him.

(c) When the ball is played correctly and the player's hands move backwards, either during or after the hit.

2. *Simultaneous touch* : The ball may touch several parts of the body at the same time but if it does not do so simultaneously, this constitutes the fault of "double touch".

3. *Double touch* : The double touch fault is judged by sight : to judge it by sound is unreliable, especially if the match is played before a large number of spectators who intentionally make a noise to disguise what they think may be a fault.

It is the referee who must decide whether or not the ball has been played correctly.

If a player has accidental contact with any object beyond the ends of the net (e.g. post cables etc.) this should not be counted as a fault, providing that such contact has no effect on the sequence of play.

Rule 17. Simultaneous Contacts and Blocking

Art. 1. *Simultaneous Contacts by Opponents*. If opponents contact a ball above the net simultaneously, the player on the side opposite to the direction of the ball is considered to have contacted the ball last. After such a simultaneous contact by opponents, the team whose side the ball enters has the right to play the ball three times. If after the simultaneous contact the ball lands on the playing area, the team on whose court it lands is penalized. However, if the ball lands out of bounds, the team on the opposite side of the net is at fault. If the ball is held simultaneously by two opposing players, this is a double fault and the referee will direct a replay.

Art 2. *Ball Played by Two Team-Mates*. If two or more team-mates attempt to play the ball, and the ball is contacted only by one of them, this shall be considered as one contact only.

When two players of the same team contact the ball simultaneously, this is considered as two contacts.

Exception: Rule 17, Art 4c.

A player may play a ball while in contact with a team-mate, providing that no team-mate is used as a means of support to reach the ball. It is legal to hold back a player who is about to commit a fault.

Art 3. Double fault. When two opponents commit a fault simultaneously, this is a double fault and the point is played again.

Art 4. Blocking. (a) Blocking is the action at the net, of attempting to intercept the ball coming from the opponent's side. Any player is considered as having the intention to block if he places any part of his body, (above the waist), above the height of the net while in a position at the net.

Blocking can be performed by any or all players of the front line.

Any attempt to block is considered as an actual block only if the ball is contacted by one or more blockers.

The team which has effected an actual block shall have the right to three more contacts to return the ball to the opponent's area.

(b) Any player participating in a block in which the ball is contacted, shall have the right to make a successive contact. However, such a successive contact, shall count as the first of the three hits allowed by the team.

(c) If the ball contacts one or more players of the block, this will be counted as one contact for the team, even if these contacts are not made simultaneously by the team-mates participating in the block.

(d) The back line players may not block at the net, but may retrieve any ball in any other position near or away from the block.

(e) The blocker(s) may reach over the net, however, the blocker(s) shall not contact the ball over the opponents area until after the completion of the opponents action which sends the ball towards the blocker(s) side.

Art 5. When the ball, after having touched the top of the net as well as the opponents block, returns to the attackers' side, the players of this team have the right to three hits.

1. Article 1 of this rule is designed to ensure the continuity of play. The referee must whistle only if the ball rests momentarily between the hands or arms of opposing players (two, or more players when the blocks are two-or-three man). The ball must then be replayed without a point or change of service being awarded.

2. The struggle and confusion that can occur between players in the same team, in an effort to play the ball, already constitutes a sufficient handicap to that team without there being any penalty awarded by the referee; the referee must therefore avoid calling a double touch whenever two players attempt to play the ball at the same time. The referee should penalize a double touch when he has seen it clearly.

3. The referee must decide whether two or more faults, that have been made and each signalled by one of the officials, occurred at the same time. If they did not occur simultaneously he must state which occurred first.

4. *The block.* Each ball sent towards opponents' area can be blocked by one or a group of the opposing front line players, including the service. To be counted as a block, the members of a two or three-man block must be close to each other and at the net, if they are to be considered as a composite block and to benefit from the rule allowing contacts that are not made simultaneously by the players blocking. If the third front line player is separated from the other two players but also attempts a block and also contacts the ball, this shall count as the second contact in the series of four allowable contacts.

A player can take a blocking position with the hands and arms over the net, before the opponents' attack, if in doing so he does not interfere with the opponents' play before their attack. It is always permitted to block with hands and arms over the net to intercept the opponents attack.

The arms and hand of the blockers may be in any position whatsoever.

The ball may be contacted by one or more players taking part in the block, even if it can be seen that during the block the ball has contacted in rapid succession:

(a) The hands (or arms) of one player after another.

(b) The hands (or arms) of several players one after the other.

(c) The hands of one or more players and then some other part of the body above the waist.

In all these cases, the block contact counts as one contact. If, after the ball has contacted the block, one of the players plays the ball again with another action, this counts as his team's second contact in the series of four allowable contacts.

When the ball touches the top of the net as well as the hands of an opposing blocker, the block is counted and the attacking team is allowed another three touches. When a blocker touches the ball by putting his hands over the net, even over the side-bands or at a position completely outside these side-bands, his action is allowed and considered as a normal block.

Hence it is not a fault to make a block at a position outside the side-bands. Wherever such a block is effective:

(a) The block outside antennae is allowed.

(b) The touch by the blocker(s) of the cable supporting the net is not allowed.

(c) Ball returned by the blocker(s) to the attack player's side remains in play normally

—if it lands out of court, it is the blocker(s) mistake.

—if it lands in the opponents' court it is the opponents' mistake, since he was allowed to play three touches.

(d) After a block made outside the antennae, should the ball pass from outside or over the antennae into the blocker(s) court, the ball remains in play and the blocker(s)-team are allowed three more touches.

(Exception to Rule 18, point 4 of the Commentaries)

Rule 18. Play at the Net

Art 1. Ball Touching the Net. When the ball touches the net completely between the antennae in the course of play (other than when served), it is considered good and the play continues.

Art 2. Ball Crossing the Net. To be good, the ball must cross

Rule 21. Back Line Players

Art 1. Back line players may not direct a ball from within the attack area into the opponents court, unless the ball is below the height of the net. From behind the attack line, they may, in any way permissible, hit the ball into the opponents court.

A back line player, attacking from the back court, may land on or in front of the attack line, providing his take off for the attack was clearly behind the attack line.

Art 2. Back line players may not take part in a block.

Art 3. As the attack line extends indefinitely, a back line player may not hit a ball into the opponents court from above the height of the net if he finds himself to be outside of the court, but within such extended limits of the attack area.

1. A back line player who is inside the attack area may only play the ball directly into the opposition's court if, at the moment he plays it, the ball is not completely above the level of the top of the net.

2. If a back line player, along with blockers, lifts his arms towards the ball as it comes across the net, and the ball touches him or any of the players in that block, it is a fault. However, if the block containing the back line player does not touch the ball the attempt to block is not considered to be a fault.

Rule 22. Ball Out of Play

Art. 1. *Ball touching the net outside the net markers.* A ball touching the antennae or the net outside of the antennae is considered as being hit out.

Art. 2. *Ball landing outside court.* The ball is considered to be out when it touches the ground or any object outside the playing area. A ball touching any line is in.

Art. 3. Dead ball. The referee's whistle stops all play. The ball is then "dead".

Rule 23. Point or Side Out

A team loses service or its opponents gain a point when :

1. The ball touches the ground.

2. A team has played the ball more than three times consecutively. (Rule 16, Art. 1)

Exception: Rule 17, Art. 4a and 4b.

3. The ball is held or pushed. (Rule 16, Art. 3 and 5)

4. The ball touches the player below the waist. (Rule 16, Art. 2 and 3)

5. A player touches the ball twice consecutively. (Rule 16, Art. 6)

Exception: Blocking.

6. A team is out of position at service. (Rule 5, Art. 4)

7. A player touches the net or the vertical side markers or antennae. (Rule 2, Art. 1 and 3, and Rule 18, Art. 3)

8. A player completely crosses the centre line. (Rule 20, Art. 1)

9. A player attacks the ball above the opponents court. (Rule 19, Art. 2)

10. A back line player whilst in the attack area, hits the ball into the opponents court from above the height of the net. (Rule 21)

11. A ball has not passed over the net, completely between the antennae. (Rule 13, Art. 1 and 3c, and Rule 18, Art. 2)

12. A ball touches the ground or an object outside the court. (Rule 22, Art. 2)

13. A ball is played by a player who, in turn, is assisted by a player of his own team as a means of support.

14. A player receives a personal warning. (Rule 4, Art. 4)

15. A team, after a warning, receives deliberate instructions from coach, manager or substitutes. (Rule 4, Art. 3g)

16. When faults are committed on both sides of the net, only the first one will be penalized. If both faults are committed simultaneously, the point will be replayed. (Rule 17, Art. 3, and Rule 18, Art. 5)

17. A player reaches under the net and touches the ball or an opponent whilst the ball is on the opponents side, (Rule 20, Art. 1)

18. The game is delayed persistently. (Rule 13, Art. 6)

19. An illegal substitution is made. (Rule 5, Art. 2c and d)
20. A team request a third time out after a warning. (Rule 12, Art. 6d)
21. Extension of the second time out beyond thirty seconds. (Rule 12, Art. 6)
22. Delaying of substitution after having used the two times out. (Rule 5, Art. 2c)
23. Players leave the court during a time out or an interruption of play without the permission of the referee (except between sets). (Rule 4, Art. 3f)
24. A player stamps his feet or makes gestures aimed at intimidating an opponent. (Rule 4, Art. 3g)
25. The block is made in an illegal manner. (Rule 17, Art. 4).

In addition to the above instance, the serving team loses service in the following cases.

26. If the service is not made from the service area. (Rule 1, Art. 5, and Rule 13, Art. 1)
27. If the player touches or crosses the back line at the moment of serving. (Rule 13, Art. 1)
28. If the service crosses the net with the help of a team mate. (Rule 13, Art. 3d)
29. If serving is performed out of the rotational order. (Rule 13, Art. 4)
30. If the service is made incorrectly. (Rule 13; Art. 1 and 3)
31. If the players wave arms, jump or form groups of two or more, the purpose of which is to form a screen to mask the server's action. (Rule 13, Art. 7)

Rule 24. Scoring and Results of the Game

Art. 1. It is a fault when a team fails to return the ball over the net correctly. This fault will be penalized by the opposition winning a point or service.

Art. 2. A set is won when a team has scored 15 points and has at least a two point lead over their opponents.

If the score is tied at 14/14 the set continues until one team has a lead of two points (e.g. 16/14, 17/15 etc.)

Art. 3. The game shall be forfeited by a team which refuses to play after the referee has asked for the game to be started. The score will be recorded as 15/0 for each set, and three sets to nill for the match. This does not apply when the game is uncompleted due to injury. (Rule 5, Art. 3d)

Rule 25. Decisions and Protests

Art. 1. The decisions of the referee cannot be appealed against during the match.

Art. 2. Any dispute concerning an interpretation of the rules must be resolved on the spot by the referee. Only the captain of the disputing team may speak to the referee.

Art. 3. If the explanation of the referee, following a protest of the captain, is not satisfactory, the captain may appeal to a higher authority. The referee shall continue to control the game and will later make out a report concerning the protest.

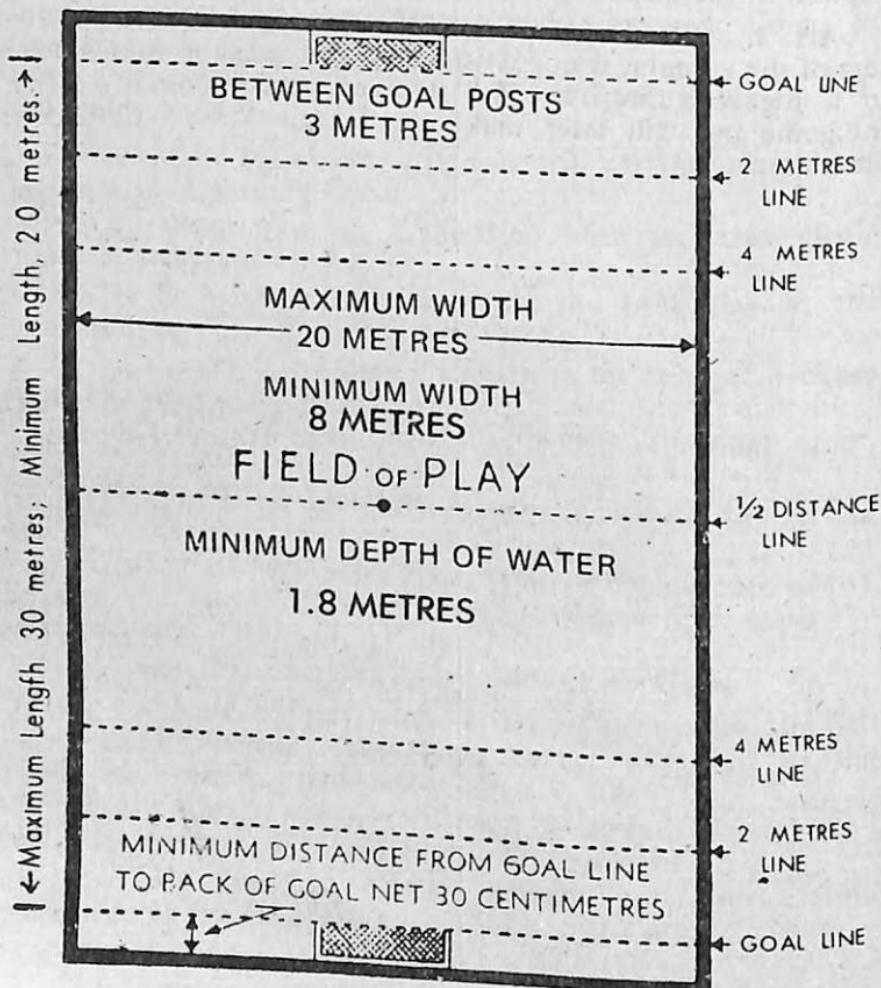
RULES OF WATER POLO

Rule 1. Organisation

1. The promoting Club or Organisation shall be responsible for correct measurements and markings of the field of play and must provide all stipulated fixtures and equipment.

2. Field of play

Diagram and Measurements



3. The uniform distance between the respective goal lines must not exceed 30 metres nor be less than 20 metres. The uniform width of the field of play must not exceed 20 metres nor be less than 8 metres. The depth of water must nowhere be less than 1 metre. For matches in Olympic, World Championship and International Tournaments the field of play shall be of full measurements as above, and the depth of water should nowhere be less than 1.8 metres. For other matches the field of play shall be as extensive as possible subject to the above measurements.

4. For matches played by women, the maximum measurements are 25-metres by 17 metres.

5. Distinctive marks must be provided on both sides of the field of play to denote the goal line, lines two metres and four metres from that line, and half distance between the goal lines.

These markings must be clearly visible throughout the game. As uniform colours the following are recommended for these markings: goal line and half distance line white, two metres from goal line red, four metres from goal line yellow.

A red or any other visible coloured sign shall be placed on the goal line, 2 metres from the corner of the field of play on the side of the goal judge.

The boundary of the field of play at both ends is 0.30 metres behind the goal line.

6. Sufficient space must be provided to enable the referee to have free way from end to end of the field of play. Space must also be provided at the goal lines for the goal judges.

Rule 3. Goals

7. The goal posts and crossbar must be of wood, metal, or synthetic (plastic), with rectangular sections of 0.075 metres, square with the goal line and painted white. The goal posts must be fixed, rigid and perpendicular at each end of the playing space, equal distances from the sides and at least 0.30 metres in front of the ends of the field of play or of any obstruction. Any standing or resting place for the goal-keeper, other than the floor of the bath, is not permitted.

8. The inner side of the goal posts must be 3 metres apart.

9. The underside of the crossbar must be 0.90 metres above water surface when the water is 1.50 metres or more in

depth, and 2.40 metres from the bottom of the bath when the depth of the water is less than 1.50 metres.

10. Limp nets must be attached to the goal fixtures to enclose the entire goal space, securely fastened to the goal posts and crossbar and allowing not less than 0.30 metres clear space behind the goal line everywhere within the goal area.

Rule 4. The Ball

11. The ball must be round and fully inflated and with an air chamber with a self closing valve.

12. The circumference must not be less than 0.68 metres nor more than 0.71 metres.

13. It must be waterproof without external strappings and without a covering of grease or similar substance.

14. The weight of the ball must be not less than 400 grammes nor more than 450 grammes.

Rule 5. Flags

15. The referee must be provided with a stick 70 cms. long, fitted with a white flag on one end and a blue one on the other, each flag to be 35 cm. \times 20 cms.

16. Each goal judge must be provided with a red flag and a white one each measuring 35 \times 20 cms. mounted upon separate sticks which shall be 50 cms. long.

One of the Secretaries must be provided with a white flag and a blue one to signal re-entrance of excluded players, and the other with a red flag with which to signal third Personal Faults (Rule 19/122). These flags also shall be of the dimensions prescribed above.

Rule 6. Caps

17. One team must wear dark blue and the other white caps, except goal-keepers, who must wear red caps. Caps must be tied with tapes under the chin. If a player loses his cap it must be replaced at the next stoppage of the game.

18. Caps must be numbered on both sides, numbers being 0.10 metres in height.

19. The goal-keeper shall wear cap No. 1 and the other caps shall be numbered 2 to 11. A substitute goal-keeper shall wear the goal-keeper's cap.

Rule 7. Teams

20. Each team shall consist of seven players, one of whom must be the goal-keeper and wear the goal-keeper's cap and four reserves, who may be used as substitutes. Prior to taking part in a match the players must discard all articles likely to cause injury. The referee shall satisfy himself that the players observe this condition. A player failing to comply must be dismissed from the game. Players must wear trunks with separate drawers or slips underneath.

NOTE: When a player is dismissed from the game in accordance with this paragraph a reserve player may immediately take his place.

21. Players shall not be allowed to have grease, oil, or any similar composition on the body. If the referee ascertains before starting the game that such substance has been used he must order the offending substance to be removed immediately. Should this offence be detected after the game has started, the player concerned must be ordered from the water for the whole game, and a substitute may enter immediately at his own goal line at the point nearest the goal judge.

22. The captains must be playing members and be responsible for the good conduct and discipline of their respective teams.

23. Prior to the commencement of the game the captains must, in the presence of the referee, toss for choice of ends or colours. The winner to have the choice of ends or colours.

Rule 8. Officials

24. The officials shall consist of 1 referee, timekeepers, secretaries and 2 goal judges with specified powers and duties as stated below: each timekeeper and secretary may have assistants as needed.

REFEREE

25. The referee is in absolute control of the game. His authority over the players is effective during the whole of the time that he and they are within the precincts of the bath.

26. He must be provided with a shrill whistle with which to start and re-start the game and to declare goals, goal throws, corner throws (whether signalled by the goal judge or not) and infringements of the rules.

27. All decisions of the referee on questions of fact are

depth, and 2.40 metres from the bottom of the bath when the depth of the water is less than 1.50 metres.

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27. All decisions of the referee on questions of fact are

It is to be noted that, depending upon their degree of importance, games can be controlled by teams of either 5, 6 or 7 officials as suggested below.

(1) With one Referee, two Goal Judges, two Timekeepers: Powers and duties of the Referee and Goal Judges remain unchanged. Timekeeper No. 1 shall record the exact periods of actual play and the intervals between periods. He shall also record the respective periods of exclusion of any player or players who may be ordered from the water in accordance with Rule, and shall also perform the duties set out in paragraph 42 of the Rules.

Timekeeper No. 2 shall record the periods of continuous possession of the ball by each team as provided by paragraph 93 of the Rules.

(2) With one Referee, two Goal Judges, two Timekeepers and one Secretary: Powers and duties of the Referee and Goal Judges remain unchanged.

Timekeeper No. 1 shall record the exact periods of actual play and the intervals between periods.

Timekeeper No. 2 shall record the periods of continuous possession of the ball by each team as provided by paragraph 93 of the Rules.

The Secretary shall keep the records of the game, and shall perform the duties set out in paragraph 42 of the Rules. If not provided with a stop watch, he shall read the times from the stop watch of Timekeeper No. 1.

(3) With one Referee, two Goal Judges, two Timekeepers, and two Secretaries: Powers and duties of Referee and Goal Judges remain unchanged.

Timekeeper No. 1 shall record the exact periods of actual play and the intervals between periods.

Timekeeper No. 2 shall record the periods of continuous possession of the ball by each team as provided by paragraph 93 of the Rules.

Secretary No. 1 shall keep the records of the game, and shall perform the duties set out in paragraph 42(a) of the Rules.

Secretary No. 2 shall perform the duties set out in paragraph 42(b) of the Rules.

Experience gained in practice has proved that, with careful organisation and competent officials, a team of five officials is

(SPECIFICATION)

WATER POLO.

MINUTES OF MATCH

TEAM : EXCELSIOR AC - ROYAL AC
 PLACE : IMPERIAL POOL DATE : MAY 15, 1970
 REFEREE : JOSEF DIRNWEBER
 TIMEKEEPER : THOMAS BATALLE SECRETARIES : L T KANDA
 S T HOAD H SAID
 GOALKEEPERS : S M. SEGURA R VELASQUEZ

RESULTS
 PERIOD I : 1 : 0
 ERGO II : 2 : 1
 PERIOD III : 1 : 4
 PERIOD IV : 1 : 0
 TOTAL FINALLY : 5 : 2

REMARKS OF REFEREE:

Signed / *another*

/ SIGNATURE OF REFEREE /

TEAM: EXCELSIOR A.C. /CAPS: WHITE/

NO.	NAME	IN PLAY	PERSONAL FAULTS	GOALS / PERIOD AND TIME /	I	II	III	IV	TOTAL
1	HARRY LANGDON	X							
2	THOMAS REED	X	3.05 + .00						
3	DANIEL HARDY	X							
4	FRANK DORSE	X							
5	MIKE LITTLE	X							
6	DAVID ROSE	X							
7	DONALD ZINNER	X							
8	JIM O'HARA	(X)							
9	DAVID BURKE	(X)							
10	JIM BURKE	(X)							
11	FRANK BURER	(X)							
				TOTAL	1	2	1	1	5
				TOTAL FINAL	5				

D ROR

/ SIGNATURE OF CAPTAIN /

TEAM: ROYAL A.C. /CAPS: BLUE/

NO.	NAME	IN PLAY	PERSONAL FAULTS	GOALS / PERIOD AND TIME /	I	II	III	IV	TOTAL
1	THOMAS WALSH	X	1.00 + .00						
2	CLIFF BARRY	X	4.30 + 2.15 + .45						
3	HANS MADER	(X)							
4	JOE ROBOZ	X							
5	FRANK IRVING	X							
6	DENNIS CHRISTY	X	7.10 + .00						
7	JOE WHITE	X							
8	JIM GREEN	(X)							
9	DANIEL COOPER	X							
10	PETER HART	(X)							
11	JEFF BRENNHOUS	(X)							
				TOTAL	1	2			
				TOTAL FINAL	2				

Joe Roboz

/ SIGNATURE OF CAPTAIN /

capable of conducting a game properly, and free from disturbance.

To facilitate proper conduct of the game, consideration is invited of the specimen Record Form as provided herewith. This suggested form has proved to be adequate upon the basis of many practical tests.

Column 1 is for caps as numbered 1 to 11, a circle being drawn round the captain's cap-number in each case.

Column 2 shows the names of the players in an order corresponding to the numbering of their respective caps.

Column 3 shows by marking "X" the players starting the game, while taking part in subsequent stages are marked X. In this manner it is easily seen which of the players announced beforehand have actually taken part in the game.

Column 4 records fouls, exclusions, and penalty throws. The method of recording is shown on the form. For example, Blue Player No. 2 committed a Major Foul at expiration of 3 min. 30 secs, from start of first period. Add one minute for exclusion and record the Foul as 4.30. This makes it easier to remember and control re-entry. Then in the 2nd minute and 25th second of period 2, the same player committed a foul for which a Penalty Throw was awarded. He is not excluded, so enter 2.25 and add a 4 in a circle to show the penalty throw. Finally the same player committed his third Personal Fault at 2 min. 45 secs. of the 3rd period, and was excluded for the remainder of the game a substitute being permissible after one minute actual play, that is, at 3.45, which is the time recorded on the form.

Column 5 records the goals scored by the various players. For example, we see that Blue Player No. 6 scored a goal in course of play at 2 min. 28 secs. of the 2nd period, and scored from a Penalty Throw of 1 min. 15 secs. of the 3rd period—the fact that it was a Penalty Throw being shown by the 4 in the circle.

Column 6 shows the goals scored in each of the four periods by each player.

Column 7 shows the total number of goals scored by each player, and by each team as a whole.

Rule 9—Time

43. The duration of the game shall be four periods of five minutes each actual play. The teams shall change ends before

WATER POLO

commencing a new period. There shall be two minutes interval between periods. Time shall count from the referee's starting signal. At all signals for stoppages the recording watch must be stopped until play is resumed.

Rule 10—Goal-keepers

44. While within the four metre area the goal-keeper is exempt from the following clauses of Rule 16, viz:

standing and walking;

striking at the ball with clenched fist;

jumping from the floor;

touching the ball with both hands at the same time.

45. He must not go or touch the ball beyond the half distance line. The penalty for his doing so is a free throw to the nearest opponent to be taken from where the offence occurred.

46. He must not throw the ball beyond the half distance line. The penalty for his doing so is a free throw to the nearest opponent to be taken from where the ball crossed the line.

47. Ruling: Throwing includes the ball bouncing off, or being punched by, the goal-keeper.

48. When a goal-keeper is penalised for holding or pushing off from the bar, rail or trough at the end of the both, the free throw must be taken from the two metre line opposite the point at which the foul occurred.

49. If a goal-keeper taking a free throw or goal throw releases the ball and before any other player has touched it regains possession and allows it to pass through his own goal, a corner throw must be awarded. If in the same circumstances, he releases the ball and after another player has touched it regains possession and allows it to pass through his own goal, a goal must be awarded.

50. "Should a goalkeeper retire from a game through accident, illness or injury, Rule 22/140 shall apply."

51. If, when a goal throw is awarded, the goal-keeper is out of the water, the nearest defending player must take the throw. In this case, for the purpose of the throw, the limitations and privileges of a goal-keeper will apply. In any other circumstances a player defending the goal shall not be subject to a goal-keeper's limitations and privileges. See Rulings 14/71 and 20/130.

52. A goal-keeper who has been replaced by a substitute may, if he returns to the game, play anywhere.

Rule 11—Starting

53. At the commencement of each period of play, the players must take up positions on their respective goal lines, about one metre apart and at least one metre from either goal post. More than two players are not allowed between the goal posts. When he has ascertained that the teams are ready, the referee shall give the starting signal by a blast on his whistle and immediately afterwards release or throw the ball into the centre of the field of play.

AFTER A GOAL

54. After a goal has been scored, players must take up positions anywhere within their respective halves of the field of play, behind the half-distance line, when a player of the team not having last scored shall re-start the game from the centre of the field of play. Upon the referee signalling by one blast of the whistle, the ball must be put into play, promptly, by passing it to another player of his team who must be behind the half distance line when he receives it.

55. Ruling; Actual play is resumed when the ball leaves the hand of the player making the re-start.

56. A re-start made improperly must be re-taken.

57. Ruling; When the start or re-start is from the goal line no portion of a player's body, at water level, may be beyond the goal line and when the re-start is from the centre, no part of a player's body may be beyond the half-distance line.

Rule 12—Scoring

58. A goal is scored by the ball passing fully over the goal line, between the goal posts and subject to the following conditions:

59. A goal may be scored by any part of the body, except the clenched fist, provided that at the start or re-start of the game the ball has been played by two or more players. The team to which they belong or the place in the field of play from where the goal is scored is immaterial. Played means handled with the palm side of the hand.

60. Any attempt by the goal-keeper to stop the ball before it has been played in this way does not constitute "playing" and

should the ball cross the goal-line or hit the goal-post or goal-keeper, the goal-keeper must be awarded a goal-throw.

61. Dribbling the ball through the goal posts is permissible.

62. Should a foul occur before the foregoing conditions have been complied with Rules 16, 17, 18, 19, 20 and 21 operate.

Rule 13—Goal Throw

63. The referee must signal by whistle immediately the ball crosses the goal line.

64. When the entire ball passes over the goal-line, excluding that portion between the goal-posts, having last been touched by one of the attacking team, a goal throw is awarded to the defending goal-keeper, to be taken from between the goal-posts and from the goal-line. See also Rules 16/94 and 17/107.

65. A goal throw taken improperly must be re-taken.

66. Ruling: In the event of a goal-keeper being out of the water, another player must take the throw from the goal-line, when the limitations and privileges of a goal-keeper will apply.

Rule 14—Corner Throw

67. The referee must signal by whistle immediately the ball crosses the goal-line.

68. When the entire ball passes over the goal-line, excluding that portion between the goal-posts, having last been touched by one of the defending team, a corner throw is awarded to the opposing team's player nearest the two metres mark on the side where the ball goes out.

69. The throw is taken from the two metres mark.

70. When a corner throw is taken, no player (except the defending goal-keeper) may be within the two metres line.

71. Ruling: Should a defending goal-keeper be out of the water when a corner throw is awarded, another player of his team may take up a position on the goal-line, but without the limitations and privileges of a goal-keeper.

72. If a goal-keeper, taking a free throw or goal throw, releases the ball and before any other player has touched it, regains possession and allows it to pass through his own goal, a corner throw must be awarded.

73. A corner throw taken improperly must be re-taken.
74. Ruling: If a corner throw is taken before the players have left the two metres area, the throw must be re-taken.
75. If a player taking a free throw passes the ball towards his own goal-keeper and before any other player has touched it, the ball crosses the goal-line or enters the net, a corner throw must be awarded. An attempt by the goal-keeper to stop the ball is not regarded as "touching" for the purposes of this rule.

Rule 15—Neutral Throw

76. Should the game be stopped through illness or accident or other unforeseen reason, or when one or more players of each team commit a foul at the same moment which makes it impossible for the referee to distinguish which player offended first, he must take the ball and throw it into the water as near as possible to the place where the incident took place, in such a manner that the players of both teams have an equal opportunity to reach the ball after it has touched the water.

Clauses 105, 106 and 107 must be applied.

77. Ruling: If from a neutral throw the referee is of the opinion that the ball has fallen in a position to the advantage of one team, he must take the throw again.

Rule 16—Ordinary Fouls

78. It is a foul: (For goal-keeper's exceptions see Rule 10).
79. To advance beyond the goal-line at the start or restart of the game, before the referee has given the signal.

80. To assist a player at the start or re-start or during a game.

81. To hold on to, or push off from, the goal-posts or their fixtures. To hold on to the rails, except at start or re-start. To hold on to, or push off from, the sides or ends during actual play.

82. To take any active part in the game when standing on the floor of the bath; to walk when play is in progress.

83. To take or hold the ball under water when tackled.

COMMENT

- (a) Para. 83 of the Rules—ordinary foul "ball under". It is essential to interpret this paragraph correctly, since to take the ball under the water is not in every case an infringement of

the Rule. For instance, it is not an infringement if the goal-keeper emerges high out of water to save a shot, and then, when falling back, he pushes the ball under water for a split second. But if, when challenged by an opponent, he continues to keep the ball under the water he commits an infringement of the Rule. Note also that the player in possession of the ball infringes the Rule if his hand holding the ball is pushed by an opponent under the water together with the ball (see figure 1). It makes no difference that the ball goes under water against his will. What is essential is that it was he who possessed the ball at the moment when it was taken under the water. The offence is to take or hold the ball under water when tackled.



Figure 1

84. To strike at the ball with clenched fist.
85. To splash in the face of an opponent.

COMMENT

(b) Para. 85—ordinary foul “splashing”. Splashing in the face of an opponent as a matter of tactics occurs too frequently in games. In general, Referees tend to whistle only if the offence takes place with an obvious moment when the players are facing each other (see figure 2). This is a simple case that is easy to judge. However, it often happens that, while swimming, the challenger deliberately produces a water curtain with his arm, as though it stumbled upon the surface, in an attempt to block the view of the player in possession of the ball who is about to shoot at goal or make a pass. In such a case the

Referee should always concentrate on whether or not the splashing hampers the player who is subjected to it, rather than judging whether the splashing was deliberate or not.

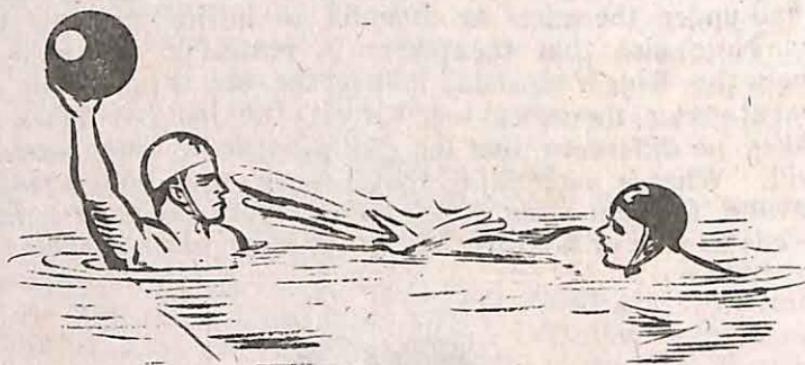


Figure 2

86. To touch the ball before it reaches the water when thrown in by the referee.

87. To jump from the floor of the bath to play the ball or tackle an opponent.

88. Deliberately to impede, or prevent the free movement of, an opponent unless he is holding the ball. Swimming on the shoulders, back or legs of an opponent constitutes impeding. "Holding" is lifting, carrying or touching the ball. Dribbling the ball is not considered to be "holding".

COMMENT

(c) Para. 88—ordinary foul—"impeding". This is the Rule most often infringed during a game. A player can be impeded in a number of ways. The first step in considering any impeding of a player—whether it is more or less serious—is to decide whether the player challenged was, or was not, holding the ball. It is clear that a player is holding the ball if he holds it raised above the water (figure 3) or swims with it held in his hand, or makes contact with the ball lying on the surface of the water (figure 4). But swimming with the ball (dribbling) as in figure 5, is not considered to be holding. A player swimming with the ball (dribbling—figure 5) is most often impeded by an

WATER POLO

opponent swimming across his legs (figure 6) thus reducing the pace at which he moves. But it must be remembered that the foul of impeding can also be committed by the player who is in possession of the ball, and this offence occurs too frequently in practice—as, for instance, when a player keeping one hand on the ball tries to force his opponent away from himself to obtain space for his own play (see figure 7). Or a player in possession of the ball may push his opponent backwards with his head (figure 8), and this of course is impeding. Also a player may commit the offence of impeding even if he is not holding the ball, that is, if he is not touching it as it floats, yet he impedes his opponent by blocking his way with his body, or with his



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9

arms flung open (see figure 9) thereby making access to the ball impossible. This offence, which is most often committed near the boundaries of the field of play, is sometimes termed "blocking".

89. To touch the ball with both hands at the same time.
or push off from an opponent.

90. To push, or push off from an object.

COMMENT

(d) Para. 90—**ordinary foul**—“pushing”, or “pushing off”. The foul of pushing an opponent is most often committed by defenders, and that of pushing off from an opponent most usually by attackers. It is important to distinguish whether the pushing, or pushing off, is performed with the hand (as in figure 10) or with the foot (as in figure 11), because the punishment in the first case (figure 10) is a free throw, while in the punishment in (figure 11) this is a major foul—see paragraph 112 of the Rules.

While the relative illustration (figure 11) does appear to show a major foul within the meaning of 18/112, which might even amount to brutality in the terms of 18/116, it is important for Referees to distinguish between the conduct as illustrated, and a mere pushing off with the foot in the terms of 16/90.

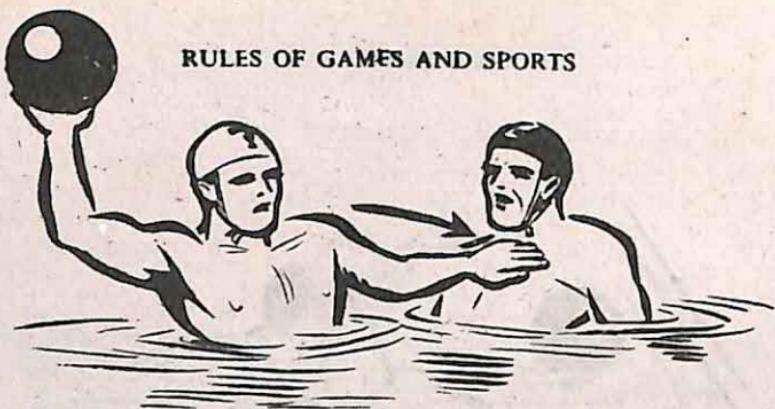


Figure 10

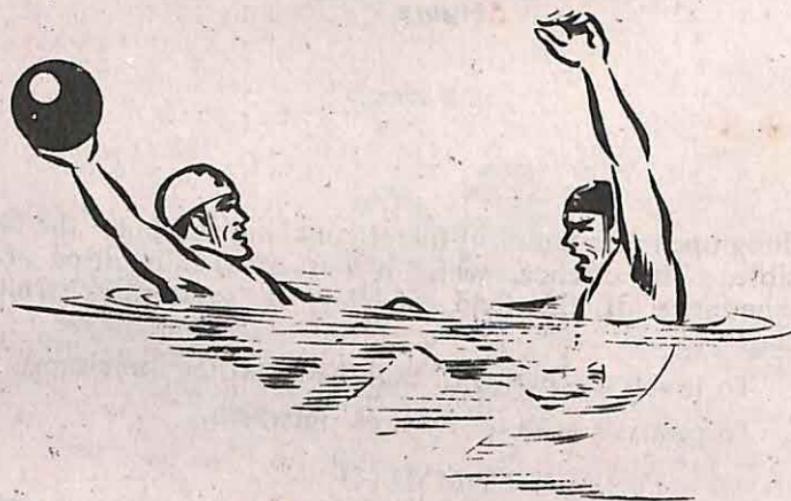


Figure 11

91. To be within two metres of the opponents' goal-line or to remain there except when behind the line of the ball.

Ruling :

It is not an offence if the player taking the ball into the 2 metre area passes the ball to his associate who is behind the line of the ball and who shoots at goal immediately before the first player can leave the 2 metre area.

92. To waste time.

Ruling :

(i) For a team even with fewer players than their opponents

to retain possession of the ball for more than 45 seconds without shooting at their opponents' goal is deemed to be wasting time and a free throw shall be awarded against the player last having touched the ball before this foul is signalled.

(ii) Should a team shoot at goal as above and regain possession upon the ball rebounding or being in any other manner kept in play the measurement of 45 seconds shall immediately recommence from zero.

(iii) Time recommences from zero when the ball comes into the possession of the opposing team, or immediately the ball is put into play after a "major foul."

Ruling : The ball does not leave the possession of the holding team merely by being touched in flight by an opponent player, provided that it is not deflected into the possession of the opponent team.

(iv) if at expiration of the 45 seconds the ball is in flight and crosses the goal line in accordance with Rule 12, 13 or 14, or becomes out of play as provided by Rule 21, or if a neutral throw is to be taken, the resultant goal, goal throw, corner throw, free throw or neutral throw shall not be allowed, and the foul of wasting time shall be punished.

(v) at expiration of the 45 seconds the free throw shall be taken by the opposing player nearest the point at which the game is stopped and undue delay by any member of the penalised team shall be punished as a Major Foul.

(vi) it is always permissible for the Referee to penalise a foul under 16/92 before the period of 45 seconds has expired.

94. For the goal-keeper to throw the ball over the half-distance line or to go or touch the ball outside his own half of the field of play.

95. To take a penalty throw otherwise than in the prescribed manner.

96. To delay unduly when taking a free throw.

97. Ruling: The time allowed for a player to take a free throw is left to the discretion of the referee. It must be reasonable and without undue delay but does not have to be immediate.

98. Except as provided by Rule 10/48 or 17/100 the punishment for an ordinary foul shall be a free throw to the opposing

Ruling: In the special circumstances described in this paragraph, an offense against rule 16/85, 16/88, or 16/90 shall be deemed to be a major foul.

109. A free throw taken improperly must be re-taken.

Rule 18. Major Fouls

110. It is a Major Foul for a player.
 111. To hold, sink or pull back on opponent not holding the ball.

COMMENT

(f) Para. 111—to "bold", "sink", or "pull back". This paragraph is one of the corner stones of Water Polo, and has remained unaltered for many years. The fact whether it is interpreted correctly or incorrectly is of paramount importance both as to the external picture of the game, and to the arriving at a correct and fair result. In recent years the majority of complaints lodged against Referees at major international tournaments have related to arbitrary interpretation of this paragraph. Yet the wording is clear, and can be interpreted in only one way. To hold (figure 14), sink (figure 15), or pull back (figure 16), an opponent who is not holding the ball is a Major Foul for which a Free Throw is awarded and the player at fault is excluded for a period of one minute actual play or until a goal has been scored. If any of these offences is com-



Figure 14



Figure 15

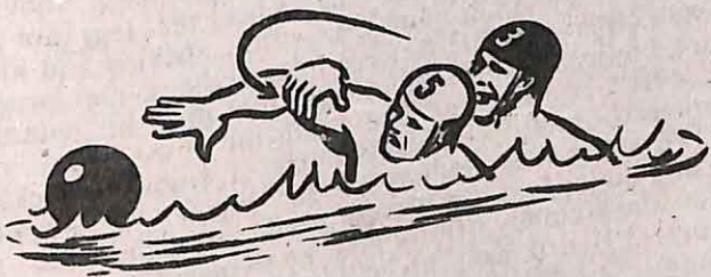


Figure 16

mitted within the four metres area the penalty to be awarded must be a Penalty Throw (see also paragraph 124). If in such a case the Referee orders the offender from the water instead of awarding the Penalty Throw, he commits an even more serious error than if he did not whistle at all. For although he has seen the foul, and considered it a grave one, he has arbitrarily awarded a minor punishment instead one, he has arbitrarily awarded a minor punishment instead of the Penalty required by the Rules. It is of course necessary that the Referee himself shall abide by the Rules, and arbitrary interpretation

are forbidden with regard to any paragraph, and above all with regard to paragraph 111, which on the one hand makes possible an attacking game, and on the other hand specifies the normal frame-work for the defensive game, and also aims at setting limits to rough play.

NOTE : This rule is of great importance and the committee calls the attention of all referees to the necessity of its correct enforcement.

112. To kick or strike an opponent or make disproportionate movements with that intent.

COMMENT

(g) Para. 112—to "kick" or "strike". The fouls described in this paragraph may be seen in a number of variations during a game. A player in possession of the ball can commit the foul of kicking or striking an opponent, or the same fouls may be committed against him by a challenger. For this reason the fact of kicking or striking is the decisive element, not the fact of possession of the ball and this must be regarded as an offence even if it consists only of disproportionate movements with intent to kick or strike. It is generally believed that it is easier for a Referee to see striking which takes place above the water surface, than to notice kicking, since the legs are under the water. But this is not quite true. Both striking and kicking can be well observed if the Referee follows the game properly. There are, however, some serious fouls that may be committed "under cover", and these are more difficult to see. One of the most serious of such acts of brutality is elbowing backwards (figure 17), which often inflicts serious injury. It is similarly a grave and major foul if a player heads into the face of an opponent who is closely behind him, by swinging back his head deliberately. If striking with the elbow or head results in a serious injury the player at fault must be punished by exclusion (para. 116).



Figure 17

113. To commit any foul within the four metres area, but for which a goal would probably have resulted.

NOTE: In addition to other offences it is a Major Foul within the meaning of this paragraph to pull down the goal, or to play the ball with clenched fist or with both hands in the four metres area with the object of preventing a goal from being scored. A penalty throw must be awarded.

COMMENT

(h) Para. 113. This paragraph refers to all those special cases in which an almost certain goal is prevented through fouls which are not described as personal. There can be three kinds of such fouls. They are as follows: (i) if any player, including the goalkeeper, pulls down, or pushes away the goal (figure 18); (ii) if any player, except the goalkeeper, plays the ball with both hands (figure 19) or with the clenched fist (figure 20). All these



Figure 18



Figure 19

within the four metres area with the object of preventing a goal from being scored. The above fouls, otherwise simple, become in fact major when their object is to prevent a goal being scored and in such cases a Penalty Throw must be awarded.

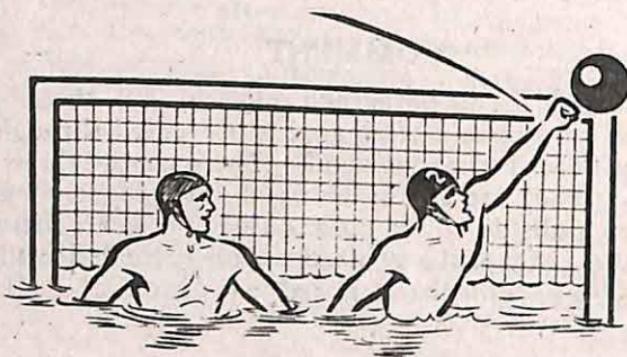


Figure 20

114. To persist in any ordinary foul.

NOTE: This refers to the same player having persisted.

Ruling: If a player commits three or more fouls successively against the same opponent this is to be considered persistence.

115. To refuse obedience to, or show disrespect for, the referee. The offender shall be excluded from the remainder of the game, and a substitute may enter the game at his own goal line at the point nearest the goal judge after expiration of one minute actual play or when a goal has been scored whichever period is the shorter.

116. To commit an act of brutality. A free throw MUST be awarded to the opponent team and the offending player MUST be excluded from the remainder of the game and MUST NOT BE SUBSTITUTED.

NOTE: Brutality includes deliberately striking or kicking.

117. To be guilty of misconduct. Misconduct is violence, the use of foul language, persistent foul play, etc.

118. To interfere with the taking of a free throw, goal throw, corner throw or penalty throw.

NOTE: "Interference" includes :

- (i) Deliberately to throw away the ball to prevent the normal progress of the game.
 (ii) Any attempt to play the ball before it leaves the hand of the thrower

COMMENT

Para 118. The offence specified in this paragraph is generally committed either by interfering with the taking of a Free Throw, or less frequently a Penalty Throw. Interference with a Free Throw may take place indirectly when the ball is hampered or delayed from reaching the player who is to take the throw, or it may be in a direct manner when the execution of the throw is interfered with either by blocking the direction of the throw (figure 21) or by disturbing the actual movement of the thrower (figure 22). The most frequent method of interfering

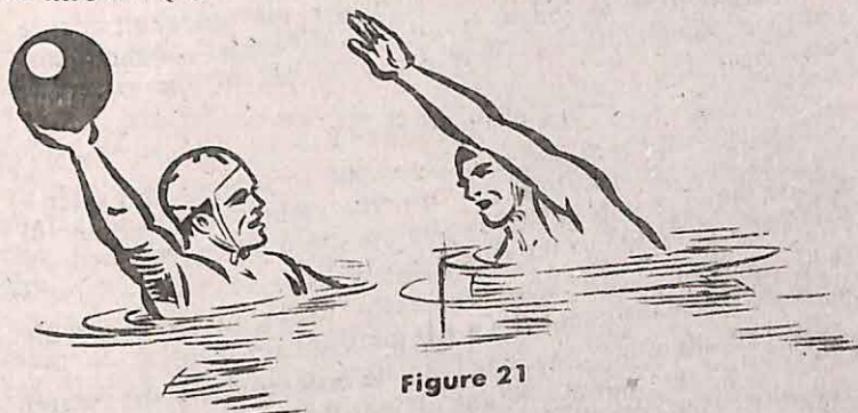


Figure 21

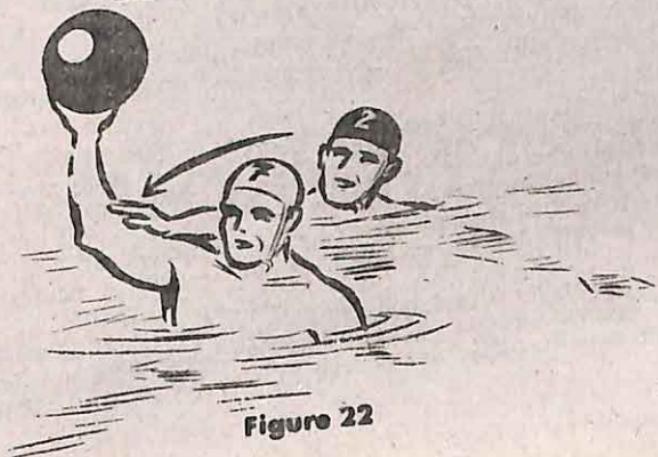


Figure 22

with a Penalty Throw is to aim a kick at the player at the moment he is executing the throw. That is why it is essential to insist upon strict observance of paragraph 127.

119. For an excluded player to re-enter or a substitute to enter the water improperly.

NOTES: (1) Improper entry is to enter or re-enter:

- (a) without permission of the Secretary,
- (b) by jumping or pushing off from the side or wall of the bath or field of play,
- (c) from any place other than prescribed by Rule 121 a

(2) When this offence occurs during the last minute of the final quarter of any game, or during the last minute of any of the two periods of extra time (Rule 23) the offender shall be excluded for the remainder of the game without substitution and a Penalty Throw shall be awarded to the opponent team.

"Ruling: Entry at any time of illegal players shall cause such players to be excluded from the remainder of the game, and one Penalty throw shall be awarded to the opposing team."

COMMENT

It is permissible in the case of accident or injury, and after a goal has been scored, for a substitute to enter from any point outside the field of play, to take up position as prescribed in paragraph 54 or 143 as the case may be.

120 Except as otherwise expressly provided in this Rule or Rule 20 the punishment for a Major Foul is:

121. The offending player MUST be ordered from the water for a period of one minute actual play or until a goal has been scored whichever period is the shorter and a free throw to be taken by a player of the opponent team after the excluded player has speedily and by the shortest possible route left the water.

NOTES: (a) After expiration of one minute actual play the excluded player himself must re-enter within 2 metres from the corner of the field of play on the side of the goal judge, under his goal line, and without affecting the alignment of the goals.

(b) In case of simultaneous fouls by members of both teams the offending players shall be excluded as above and a neutral throw be taken.

(c) if a player is excluded and there are not three personal faults recorded against him, and at the end of his exclusion period a substitute player enters in his place, this is deemed to be an offence against Rule 18/115.

Rule 19. Personal Faults

122. A player committing a Major Foul anywhere in the field of play shall be awarded a Personal Fault, and upon being awarded a third such Personal Fault in any one game he shall be excluded from the remainder of the game and a substitute may enter at his own goal line at the point nearest to the goal judge after expiration of one minute actual play or after a goal has been scored, whichever period is the shorter. See Rule 20/124.

If such third Personal Fault results from a foul requiring the award of a Penalty Throw, the entry of the substitute shall be immediate and before the Penalty Throw is taken.

Rule 20—Penalty Throw

123. Should a player be fouled within his opponent's four metre area according to Rule 18/111, 18/112 or 18/116 or commit a foul according to rule 18/113 or 18/119(2), a Penalty Throw MUST be awarded against the offender's team. The referee must announce the offender's number to the secretary.

124. When a Penalty throw is awarded the offending player shall be ordered from the water only if the offence is so serious as to justify ordering from the water for the remainder of the game (Rule 18/116 and 18/119(2)).

125. A penalty throw may be executed by any player of the team to which it is awarded, except the goal-keeper, and the player taking the throw may elect to do so from any point on his opponent's four metre line.

126. The player taking the throw must await the signal of the Referee which shall be given by whistle and by simultaneously lowering the respective flag from a vertical to a horizontal position. The player must have possession of the ball and immediately throw it with an uninterrupted movement directly at the goal (see Rule 16/195). Should the ball rebound from the goal posts or cross bar it remains in play and it is not necessary for the ball to be played by any other player before a goal can be scored.

Ruling: A penalty throw may commence by lifting the ball from the water or with the ball held in the raised hand. It is permissible for the ball to be taken backwards from the direction of the goal in preparation for the forward throw at the goal, but the throw shall commence immediately upon the signal, and

continuity of the movement shall not be broken before the ball leaves the thrower's hand.

COMMENT :

(K) Para. 126 Penalty Throw. Specification of the signal of the Referee has made easier the proper execution of the Penalty Throw. The lowering of the respective flag to precede the signal by whistle makes it possible under any conditions, even amidst noise by spectators, to execute the throw in accordance with the Rule.

As the flag is lifted, the player taking the throw will concentrate, for he knows that the signal by whistle will follow immediately. On signal, he must immediately throw the ball with an uninterrupted movement directly at the goal. Since the text of the Rule does not provide instructions as to the point from which this uninterrupted movement starts, it is correct to make it clear that the movement of throwing can begin by lifting the ball from the water (figure 23), or with the ball held in the raised hand (figure 24). Further, since the Rules nowhere state that the thrower should face the goal—there is only the instruction as to place in para. 125—the Penalty Throw can be carried out by adopting a half screw or a full screw with the thrower positioned with his back to the goal. The specification, however, that the ball must be thrown immediately on signal, and that the continuity of movement must not be broken before the ball leaves the thrower's hand, is valid for every kind of penalty throw.



Figure 23



Figure 24

In cases where the Referee's signal awarding a Penalty is simultaneous with the Timekeeper's signal for expiration of 45 seconds continuous possession (Rule 16/93) the Referee's signal should prevail and the Penalty Throw be taken. The Timekeeper's watch returns to zero in accordance with Rule 16/93 (111).

127. All players except the defending goal-keeper, or the other player according to Ruling 20/130, must leave the four metres area until the throw is taken and no player may be within two metres of the player taking the penalty throw.

128. The goal-keeper must take up a position anywhere on the goal-line and the referee will withhold the signal to throw until satisfied on this point.

129. Ruling: No portion of the goal-keeper's body, at water level, may be beyond the goal-line.

130. Ruling: Should the defending goal-keeper be ordered from the water before or after the award of a Penalty Throw another player of his team may take a position on the goal line before the throw is taken, but without the privileges and limitations of a goal-keeper.

131. A player must take a penalty Throw as described. The penalty for not complying shall be a free throw to the player's nearest opponent.

132. If the taking of a Penalty Throw is interfered with or Rules 20/127 and 20/128 are not complied with the offender or

offenders must be punished in accordance with Rule 18/115 and the throw must be re-taken.

133. If, at precisely the same time as the referee awards a penalty throw or before a penalty throw is completed, the time-keeper whistles for an interval, or full-time, the shot at goal must be allowed and, should the ball rebound into the field of play from the goal-post, cross-bar or goal-keeper, it is dead.

NOTE.—When a penalty throw is to be taken in accordance with this paragraph all players except the defending goal-keeper and the player taking the penalty throw shall leave the water.

Rule 21—Out of Play

134. Should a player send the ball out of the field of play at either side, a free throw is awarded to the player of the opposing team, nearest the place where the ball left the field of play, and the free throw must be taken from that place.

135. Should the ball strike or lodge in an overhead obstruction it must be considered out of play, and the referee must stop the game and throw the ball into the water under the obstruction. In that case the ball may not be played until it has touched the water. Should the ball rebound from the goal posts or cross bar or from the side of the field of play at water level, it remains in play except as provided by Rules 12/60 and 17/107. If the ball rebounds from the side of the field of play above water level it is considered to be out of play.

Rule 22—Leaving the Water

136. A player must not leave the water or sit or stand on the steps or side of the bath during a game except :

- (a) During an Interval;
- (b) In case of illness or accident, or
- (c) By permission of the referee.

137. A player infringing this rule must be deemed guilty of misconduct. A player having left the water legitimately may re-enter at his own goal-line at the point nearest the goal judge by permission of the Referee.

138. In the case of accident or illness, the referee may, at his discretion, suspend the game for not more than three minutes.

139. When a player has cramp he must leave the water as quickly as possible and the game must proceed as soon as the player is out of the water. A substitute is not allowed.

SUBSTITUTES

140. In the event of a player retiring from the game through accident or injury the Referee may permit his immediate substitution by a reserve. The referee shall refuse such permission only if he considers the request unjustified. The player so retiring shall not be allowed at any time to re-enter the game. Otherwise a player may be substituted only:

- (a) In accordance with provisions of Rules 7/20, 7/21, 18/115 or 19/122.
- (b) During the interval between periods of play.
- (c) After a goal has been scored.
- (d) Prior to the commencement of extra time.

NOTE.—During extra time the provisions of (a), (b) and (c) above shall apply.

141. A substitute shall not be allowed for a player who has been ordered from the water according to Rule 18/116, and 18/119 (2).

142. A substitute must be ready to replace a player without delay; if he is not ready the referee may re-start the game without him, in which case he may not take part in the match until the next stoppage.

143. Ruling: In case of accident, illness or injury a substitute takes his position in the water where the accident occurred and will take the free throw or corner throw which may have been awarded the injured player, but should there be no substitute, another player shall take the throw.

144. The captain, coach, or team manager must notify the referee of substitutions.

Rule 23—Extra Time

145. Should there be level scores at full time (Rule 9) in any game for which a definite result is required, any continuation into extra time must be after an interval of five minutes. There shall then be played two periods of three minutes each actual play, with an interval of one minute for changing ends.

146. This system of extra time shall be continued until a decision has been reached.

147. A player who has been ordered from the water by the referee—but not for the rest of the game—shall resume with his team for extra time only when his penalty time has expired or a goal has been scored.

WEIGHT-LIFTING

DEFINITION OF MOVEMENTS RECOGNISED BY THE F.I.H.

(*New Regulations Governing the Two Hands Clean and Press*)

1st Phase—Shouldering. The bar being placed horizontally in front of the weight-lifter's feet: it is seized hands flat, and brought to the shoulders in one lift, either bending the body or flexing the legs: the bar must then rest either on the clavicles, the chest or the fully bent arms, while the feet are held together or apart but at the same level, and the legs straight.

To await in this position, standing, the referee's signal.

NOTE: Athletes unable to place the bar on their chests must advise the three referees of this prior to commencing, in which case it must be placed at the height of the sternoclavicular articulation.

2nd Phase—The Lifting Itself. Upon the signal of the referee, raise the bar to complete simultaneous extension of the arms, smoothly, without stopping, without bending the legs, without leaning back exaggeratedly, without moving or shifting the feet. Remain in the final position, immobile, until receiving the referee's signal to lower the bar to the mat.

Incorrect Movements. 1. Shouldering in Jerks. In this case the referee must not give the signal to lift, but must signal the bar to be lowered to the mat.

2. Starting before referee's signal.
3. Knee-bending, however slight, when beginning the lift from the shoulders or at any time during the lift.
4. Flexing the terms after the referee's signal.
5. Flexing the torso by bending or extension.
6. Leaning back excessively under the bar.
7. Alternative extension of the arms.
8. Hesitation during arm extension.
9. Incomplete arm extension.
10. Rotation of the trunks.

11. Shifting the feet.
12. Raising the toes or the heels.
13. Lowering the bar before the referee's signal,

NOTE: The alteration to the regulations for the two hands clean and press, as to the spacing between feet, may be also applied to the snatch and clean and jerk.

Two Hands Snatch. The bar shall be placed horizontally in front of the lifter's legs.

He shall grip it with both hands and pull it in one movement from the ground vertically above the head to the full extent of the arms while either splitting or bending the legs.

The bar shall pass with a continuous non-stop movement along the body of which no part other than the feet shall touch or graze the ground during the execution of the movement.

The weight lifted must be held for two seconds in the final position of immobility, with the arms and legs extended, the feet on the same line with a maximum separation of 40 centimetres.

The distance between the hands is optional, but they must not, in any case, move along the bar during the execution of the movement.

Important Remarks. In this lift, of which the fundamental principle is to allow only one single movement, no delay shall be permitted in the extension of the arms or legs after turning over the wrists, which must not occur before the bar has clearly passed the top of the lifter's head.

Two Hands Clean and Jerk. The bar shall be placed horizontally in front of the lifter's legs.

He shall grip it with both hands and pull it up in a single, clean movement from the ground to the shoulders, while either 'splitting' or bending the legs.

The bar must not touch the chest before reaching the final position; it shall then rest on the chest or on the arms fully bent.

The feet shall be returned to their original position, that is to say, on the same line. Then bend the legs and extend them quickly, as well as the arms, so as to bring the bar to the full stretch of the vertically extended arms.

The weight shall be held for two seconds in the final posi-

tion of immobility, the feet being on the same line with a maximum separation of 40 centimetres.

It is forbidden to repeat the jerk.

Incorrect Movements. Leaning with a knee on the ground or any 'clean' in which the bar touches a part of the body before its final arrival at the shoulders.

In all cleans, snatches or jerks, the action of the legs in splitting or bending shall be optional and without restriction.

The lifter may return his legs to the correct position in his own time. The technique known as 'hooking' is permitted. (This consists, in the one or two handed movement, of covering the last joint of the thumb with the other fingers of the same hand at the movement of gripping).

Cleaning from the 'hang' is never permitted.

In all movements, whether one or two handed, etc., the referee shall count as an attempt any lift not completed in which strain has visibly been exerted and in particular those in which the bar has been raised to the height of the knees.

Rules Governing Records and Refereeing. The only records recognised will be those which have been adjudicated by three official Referees of a Federation affiliated to the F.I.H.C. Refereeing will be the same as in International contests (three or two white lamps=good, three or two red lamps=attempt (three or two affirmative decisions of the referees if an attempt on the record is made in a place where the light system is not in operation).

The good faith and competence of referees of all nationalities is accepted without question and recognition of a world record may be made by the referees of the same nationality.

Conditions to be fulfilled for the registering of a record are the following:

Before making out their report the three Referees must weigh the bar and lifter as soon as the performance has been completed, the lifter not being allowed to leave the platform. If the record is beaten during a public performance the following shall be present at the scales: the Referee, the two Judges, the President and the Secretary General and delegate of the Federation to which the lifter belongs. The three referees must draw up a written report affirming on their honour the validity of the lift, the weight of the lifter and weight of the bar, (it

must be absolutely precise) as well as are place of the performance, the date and the title of the contest during which the record was broken.

This report must be signed by the three referees and the President of the National Federation of the country to which the lifter belongs and must be sent to the Secretary General of the F.I.H.C. and must be in his hands within two months at a maximum.

An Official World Record exists on the total of the three Olympic movements and this record can only be beaten in International competition and without supplementary attempts.

Where a lifter during his third attempt in an international contest failed by a small margin to achieve a world record, at his request a fourth attempt may be granted outside the contest. If the lifter (fails to beat) beats the world record during the fourth attempt no further supplementary attempt will be granted.

The judging officials number three; the one who is chosen as referee gives the lifter the signal to begin and finish the movement required in the contest. Lifters must not put down the bar upon completing a movement until the command 'Down' is given by the referee. In no case must the lifter let the bar fall to the ground; when the lifter has placed the bar on the ground the referee must announce the judge's decision. If no lamp system is in operation the referee must consult the other two judges and announce the decision resulting from his own and the other's observations by a good or "attempt".

The Referee does not have an over-riding vote.

If the movement is clearly bad either at the beginning or from the shoulder the Referee shall require the lifter to return the bar to the ground without allowing him to complete the movement. If one of the three judging officials notices a serious fault he may put up his hand to draw attention to the fault and stop the movement. Examples, knee on the ground, heels lifted: etc.

Referees and judges shall be chosen at a meeting of the judging officials. At this meeting all information regarding the Rules may be requested.

The judging officials chosen must be obligatorily in possession of an International Referee's Card.

Jury of appeal. Before each contest a jury of appeal shall be set up and should include; in addition to the President and Secretary General of the F.I.H.C., three members chosen by ballot from the Presidents of the Federations or from International Referees who have for preference officiated either at Olympic games or International competitions.

During a contest the jury of appeal may replace any judge or referee whose decisions, they consider prove him to be incompetent.

The impartiality of the Referees can in no case be doubted but a mistake in referring may be committed in all good faith. The jury of appeal shall not discuss the validity of a decision except upon written objection together with a deposit of one sterling made by the President of the Delegate of the Federation to which the lifter claiming to have been faulted belongs. The Referees in this case shall be allowed to express their opinion upon the objection. If this objection is declared unjustified the deposit will be paid into the funds of the F.I.H.C.

The jury of appeal must be seated in a position from which their view is unobstructed.

Rules for International Contests. The placing of nations will be effected by granting 5 points for two first, 3 for a 2nd and one for a 3rd but this will be in world championships only.

In the case of ties the competitor with the lighter body weight will be placed before the competitor with a heavier body weight in order to do away with supplementary attempts.

When two lifters have the same body weight at the weigh-in preceding a contest and lift the same total and again have the same body weight after the contest, they will be classed as equal and will each receive a prize. In this case the second place will not be granted and the best following lifter will be placed third. In so far as placing of nations is concerned two sets of points will be granted (for two placed first) and point (for the one placed third).

In the case of a tie in the placing of nations, the nation which has the greatest number of first places shall be placed first if two nations tie and have the same number of first places the nation whose team has the lightest body weight shall be placed first.

When two lifters declare they wish to make their first attempt

On a scheduled lift with the same weight, their names shall be drawn by lot. The competitor whose name is drawn first must lift first right up to the last attempt on this lift. If during the following lifts the two lifters are attempting again the same weight, the lifter who was first for the preceding lift must now be second. If the situation repeats itself during the third lift fresh lots must be drawn.

During any contest organised either on a platform or a stage, no persons other than members of the jury of appeal the officiating judges, the team managers limited to one per country competing and the lifters engaged on the body weight category at the time being contested may be present either on the plot from or on the stage.

A delay of two minutes will be allowed to competitors between the calling of their names and attempts at a lift. After two minutes they will once again be called and they may be cautioned if the delay exceeds three minutes. A time keeper shall be elected. The same delay shall be granted to a lifter who is the only competitor making the three attempts on a movement.

The weights given out by the Master of Ceremony must be immediately visibly displaced.

In International contests (except for attempts on records made outside the contest) the weight of the bar used must always be in a multiple of $2\frac{1}{2}$ kilos. The increase must be by 5 kilos, a request for $2\frac{1}{2}$ kilos will indicate the end of an attempt at a lift.

In countries where the English (lb.) is used as a unit of weight, the choice of bars shall be left to the discretion of the organising country, who for international contests may use bars of which the weight may be multiples of English pounds or of $2\frac{1}{2}$ kilos. The weights must be given out in pounds and kilos.

There shall be seven categories of competitors—Bantam weight up 56 kilos, Feather weight up to 60 kilos, Light weight up to $67\frac{1}{2}$ kilos, Middle weight up to 75 kilos, Light heavy weights up to $82\frac{1}{2}$ kilos; Middle heavy weights up to 90 kilos and heavy weights over 90 kilos.

In the Olympic Games and World Championship as well as in Championships of any scheduled continent seven competitors are allowed, spread over the different categories with a maximum of two lifters for any category

Example: A nation may enter one bantam weight, one teauncer weight, two light weights, two light heavies, one heavy light but no heavy weights or two feather weights, two light weights, two light heavy weights, one heavy weight but no lifter in the Bantam Class, Light and Heavy Light Classes.

Replacements are permitted.

The weigh-in of competitors must take place an hour before the contest for any scheduled category.

All lifters of the scheduled category must be present for the weigh-in. The weighing-in must take place in the presence of three officiating judges and a delegate of each nation entering lifters.

Each competitor is allowed to be weighed once only. Only those will be allowed to be re-weighed whose weight is more than that of the category for which they are entered. They may use the hour in getting down to use the weight after this they will be eliminated. The lifter who is too heavy may go up into the next higher category if only one other lifter from his Federation is entered for this category.

In International Contests the use of lamps is obligatory. These lamps should only light up upon the pressing of the button by the three judging officials simultaneously and not when buttons are pressed separately.

Minimum totals may be imposed by a nation when its Federation undertakes the expenses of the journey and stay of teams. In this case the said Federation must attach the minimum totals established by the International Federation. So as to be allowed to compete in a higher class than that to which he was entered the lifter must have made the minimum total fixed for this category.

Costume. Lifters must wear a regulation costume consisting swimming suit, trunks and jock strap.

Apparatus. The lifts must take place on a square wooden platform measuring 4 metres each side. Any lift during which a lifter puts his foot outside the platform will be declared invalid. The only appliances authorised for attempts on World Records, International Contest and the Olympic Games shall consist exclusively of Bars and Disc which must be made in such a way that the lower part on the bar must be a maximum of 0.m. 24 from the ground, that is to say, that the largest disc must

beat the most 45 cm. in diameter and the bar o.m. 028 in diameter at the position of the hands.

Penalties. Any lifter who conducts himself in an incorrect fashion or argues in a loud voice shall be warned. At the second warning he shall be disqualified. In the case of argument he will be disqualified for the contest.

WRESTLING

INTRODUCTION

Wrestling, like all other sports, obeys rules which constitute the "Laws of the Game" and define its practice, the aim of which is to "pin" the opponent (see Article 29), or to win on points (see Article 39 et seq.).

These regulations apply to the two styles recognized by modern wrestling: the greco-roman style, and the free style. Basically, these differ as follows:

- in greco roman wrestling, it is *formally forbidden* to grasp the opponent below the hips, to trip him up, and to use the Legs actively in executing any action;
- in free-style wrestling, on the contrary, it is permissible to grasp the legs of the opponent, to trip him up, and to use the legs actively in the execution of any action.

Frequently modified and always subject to modification, the rules set forth hereinafter must be known and accepted by all. They call upon those who practice the sport to fight vigorously and dynamically, with complete honesty and fair-play.

F.I.L.A.

PART ONE—MATERIAL STRUCTURES

Article 4—Height Categories—Participation. The International Weight Categories, identical for the "Aspirants" and the "Seniors", are as follows:

1. —	Up to 48 kg	6. —	Up to 74 kg
2. —	Up to 52 kg	7. —	Up to 82 kg
3. —	Up to 57 kg	8. —	Up to 90 kg
4. —	Up to 62 kg	9. —	Up to 100 kg
5. —	Up to 68 kg	10. —	Up to 100 kg & over.

Only wrestlers at least 17 years old and not over 20 years old during the calendar year have the right to participate in "Junior contests. However, a wrestler who is 16 years old dur-

ing the course of the year may compete if he procures an appropriate medical certificate.

On the other hand, a "Junior" wrestler is permitted to take part in "Senior" competitions if he has reached the age of at least 18 years at the time of the said competitions.

Each competitor, deemed to be taking part of his own free will and on his own responsibility, can only be admitted to a contest within a single category, that which corresponds to his weight at this time of the official weigh-in.

However, he may choose to compete in the category immediately above the one for which he is registered on the basis of weight, except for heavyweights, in which category the wrestler must weigh at least 100 kilos.

Article 5—Competitor's Licence. Any wrestler, "Junior" or "Senior", taking part in the Olympic Games, world Championships, Continental Championships, regional competitions or games, must possess an international competitor's licence, as defined by a special regulation.

The competitor must submit his licence, at the time of the weighing-in, to the official delegate, who submits it for verification to the representative of FILA. The latter returns it on the same day to the team manager of the said competitor.

The licence is only valid when it bears the FILA stamp for the current year.

Article 6—Weigh-in. The final list of contestants must be submitted before the weigh-in, without fail.

The contestants will be weighed nude and will be examined by qualified physicians who are bound to eliminate any wrestler revealing any danger whatsoever of contagion.

The contestants must be in perfect physical condition and show that their finger-nails are cut very short. This must be checked at the weigh-in.

Throughout the entire period of weighing-in, the wrestlers have the right, each in turn, to get on the scale as many times as they wish.

In competitions where bouts last several days, the contestants will be weighed-in *each day*. However, any wrestler who

has completed his last bout before the end of the competition will not have to weigh-in again.

On the first day of the competition, the weigh-in should begin four hours before, and terminate three hours before, the first bout. On the following days it should begin at most two hours before the first bout of the day and last half an hour.

Article 7—Drawing of lots—Pairing off. Participants in the bouts shall be paired off, for each round, according to a numerical order ascribed to each of them by a drawing of lots held before the competition begins.

Article 8. A document establishing the correct procedure and the time schedule of the bouts must be drawn up, and it must provide all relevant information concerning the expected conduct of the competition.

The pairings for each round, as well as their outcomes, are recorded on a list for the use of the competitors who must be able to consult it at all times.

Contestants whom the drawing has placed one after the other shall wrestle together in the first round.

If there is an odd number of contestants, the one who has drawn the highest number (bye) will go into the following round without any points against him; he will be placed first on the list of pairings for this round and will retain that place until another contestant, who becomes odd-man in the same manner (and has the highest number after his own) in turn, will move to the top of the list.

The oddness, leading to bye in a round, is a right established by the drawing of lots. It may only be withdrawn in the event that its retention makes impossible the pairing of other competitors in the same round, or in the event that its withdrawal allows pairing a greater number of bouts in the same round.

The pairing-off in subsequent rounds will take place as follows: beginning with the name of the contestant at the top of the list, his opponent will be the contestant whose number is closest to his, but who has not yet wrestled with him:

Example : (a) pairing-off in the second round, if there has been no odd number in the first round will result in : 1 vs 3;

2 vs 4; 5 vs 7; 6 vs 8; etc. If there was a bye in the first round (No 15, for example) the pairing of the second round will result in; 15 vs 1; 2 vs 3; 4 vs 6 vs 5; etc. (and so on for the following rounds).

(b) in the second round when there are only 6 contestants, or again, when only 6 contestants remain to be paired at the end of list, the following procedure is used;

—with 6 wrestlers : 1 vs 3; 2 vs 5; 4 vs 6;

—with 10 wrestlers: 1 vs 3; 2 vs 4; 5 vs 7; 6 vs 9; 8 vs 10.

Nevertheless, the pairing provided for and established as stated above fore any round of the competition, must be modified whenever a contestant who has not been eliminated is forced to withdraw from the match because of a medically verified injury or illness, it being noted that the wrestler in question (or his team manager) is obliged to make his withdrawal known immediately and not to wait until the pairing is fixed for the round following the one during which his incapacity to continue in the competition became apparent.

In contests where several wrestlers from the same country participate in the same category, they may be required to meet each other beginning with the first round, if it is so determined by the pairing that results from the drawing of lots.

Article 9—Dress. The contestants must appear on the edge of the mat in a one-piece jersey of the colour assigned to them (red or blue), beneath which they must wear a jock strap.

They must be jerseys which adhere to the body, covering it from the middle of the thigh. The neck and arm openings must not be more than the width of two palms. Light knee pads are permitted.

It is forbidden to add anything at all to this dress except when the match is interrupted because of injury or for any other reason, during which break the wrestler may cover himself with a warm garment.

The contestants must wear suitable sports shoes closing firmly around the ankle; however the use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is forbidden. Special attention is to be paid to shoe laces, the metal or rigid tips of which must be cut off.

It is also forbidden :

- to wear bandages on wrists, arms or ankles except in case of injury or on prescription of a doctor,
- to apply a greasy or sticky substance to the body,
- to arrive on the mat sweaty,
- to wear any object that might cause injury to the opponent: rings, bracelets, etc.

At the weigh-in, each contestant must be closely shaved, or else have a beard of several months growth.

Each contestant must be in a position to meet the requirements of the first paragraph of this article, and hence must possess two jerseys, one red and one blue, just as he must always have a handkerchief at his disposal.

Article 10—The Mat. A mat having a diameter of 9 metres surrounded by a border of the same thickness and with a width of from 1.20 to 1.50m., is obligatory in all international competitions.

On the inside of the circle of 9 m. in diameter, and running all along its circumference, a 1 metre wide band of red colour is traced, this being an integral part of the wrestling surface.

To designate the various parts of the mat, the following terminology will be employed :

- The interior part of the mat situated inside the red band will be called :
central wrestling surface (7 m. in diameter).
- the red band : passivity zone (width 1 m.)
- the border ; protection surface (width 1.20 to 1.50 m.)

A mat 10 meters in diameter including the 1 m. wide passivity zone may be utilized, so long as the protection surface is 1.20 m. wide throughout.

Article 11—Medical Service. As specified in Article 6 of the regulations defining the international competitor's licence, each wrestler must, in his own country, undergo a special medical examination three days before his departure for any official competition controlled by FILA.

The organizer of the said competitions is bound to provide

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a medical service responsible for ensuring the supervision of weigh-in and the bouts, for helping to detect any possible doping practice, and this service must comprise an adequate number of doctors and medical aides.

This medical service, requires to be active throughout the entire period of the competition, is under the authority of the Medical Commission of the FILA.

During the WEIGH-IN of the competitors, the physicians proceed to examine the athletes and evaluate their condition of health. If a competitor is medically considered as not being in good health or presenting a condition dangerous to himself or to his opponents, he will be excluded from participating in the competition. Medical examination looks for contagious illnesses, in particular (skin or venereal).

Throughout the entire period of the competition and at all times, the medical service must be prepared to intervene in case of accident and to decide whether or not the wrestler is a condition to continue the contest.

The doctors of the participating teams have the full right to intervene in the treatment given to their injured members, but only the coach or a team manager or officer is entitled to be present during the treatment given by the doctor.

Article 12—Intervention of the Medical Service. The Medical Service, constituted as described in Article 11 above, has the right and the duty, at any moment, to stop a bout by the intermediary of the mat chairman when he considers that there is a danger to one or the other competitor.

He can also have a bout stopped immediately by declaring one of the wrestlers unfit to continue.

In case of injury (or if dispute) the wrestler must never leave the platform, except in the event of a serious injury requiring his immediate removal, or more simply, in case of vomiting or of an illness clearly evident.

The total time out in case of injury in a bout cannot exceed five minutes for each wrestler, each minute to be called out by the announcer.

Upon favourable diagnosis of the physician, an injured wrestler can be allowed to continue competing in the following

round. This medical opinion must be given before the listing of pairings or before the weigh-in of the following day.

In case of dispute of a medical nature (the doctor for the team of the wrestler in question having the right to intervene in the eventual treatment or to put forward his opinion on an intervention or decision of the Medical Service), the delegate of the Medical Commission of the FILA is solely empowered to make the decision, which is final and without appeal in the disputed case.

Article 13—Doping. In application of the provisions of Article 9 of the Statutes and in order to combat the possibility of the practice of doping, formally prohibited, the FILA reserves the right, in all competitions it supervises, to require that wrestlers undergo examinations or tests.

In no case may competitors or officers oppose this verification without incurring penalties.

The Medical Commission of the FILA will decide on the time, the number of the frequency of these test examinations, which will be carried out by all means which it considers effective.

The appropriate samples will be taken by a doctor certified by the FILA, in the presence of a member of the Executive Bureau and of an officer of the wrestler(s) to be tested.

PART TWO—OFFICIALS

Article 14—Composition. In all competitions, the officials for each bout shall consist of: 1 mat chairman; 1 referee 1 judge: i.e. three officials, qualified or designated according to means which are established by the regulations of the international official.

It is strictly forbidden to replace an official during a bout, except in case of a serious illness, medically confirmed. In no case may two of the three officials be of the same nationality.

Furthermore, it is strictly forbidden for an official to officiate in bouts involving his compatriots.

The judge and the referee must be dressed in white and display the insignia of their country.

Article 15—General Duties. (a) The officials shall ensure all

of the functions set forth by the rules governing wrestling competitions and by any special provisions which might be established for the organization of particular competitions.

It is the duty of the officials to follow each bout with the greatest attention from beginning to end and to evaluate the actions so that the results shown on the judge's score sheet correspond exactly to the feature of the said bout.

(b) The mat chairman, the referee and the judge jointly evaluate the holds. In order to make a final decision, they must collaborate, under the direction of the mat chairman, who co-ordinates the work of the officials.

(c) It is the duty of the officials to assume all of the functions of refereeing and judging, to award points and impose the penalties provided for in the rules.

(d) The judge's score sheet serves for tallying all holds executed by the two opponents. The points must be marked with the greatest precision under the headings corresponding to the various phases of the bout.

The score sheet, which must be signed by the judge and for which he is responsible, determines the outcome of the match.

(e) If a bout does not end in a fall, the decision shall be made by the judge; it shall be based on an evaluation of all of the actions of each opponent, noted from beginning to end on the score sheet.

(f) All points awarded by the judge must be made known to the public as soon as they are determined, either by means of bats, electric score boards, or by any other appropriate device.

(g) For the conduct of the bouts, and according to their respective roles, the officials are required to express themselves in the terms of the basic FILA vocabulary, but they are forbidden to speak to anybody during the bout, except among themselves when the occasion requires them to do so for the proper performance of their tasks.

Article 16—The Referee. (a) The referee is responsible for the orderly conduct of the bout, which he must direct according to the rules.

(b) He must obtain the respect of the contestants and

exercise full authority over them so that they immediately obey his orders and instructions, and in the same manner, he must conduct the bout without tolerating any irregular and untimely outside intervention.

(c) He works in close collaboration with the judge and under the direction of the mat chairman, and he must carry out his duties in the supervision of the bout while refraining from impulsive or untimely interference. His whistle begins, interrupts and terminates the bout.

(d) The referee alone is authorized, after having consulted with the judge, to announce cautions. Likewise, he is the only one who orders the return of the wrestlers to the mat in case they have left it, or the continuation of the bout in the standing position or on the ground, above or below, with the approval of the judge, or failing that, the approval of the mat chairman.

(e) The referee contributes to the allocation of the points. He is required to wear a red sleeve on his left arm and a blue sleeve on his right arm. He indicates with his fingers, after a hold is executed, whether it is valid, whether it has been effectuated within the limits of the mat, whether a wrestler has been put in a danger position, etc. He signals to the judge and to the mat chairman the value of the action, by raising his right hand if the wrestler in blue scores the points and by raising his left hand if it is the wrestler in red who has earned them.

(f) The referee, depending upon the circumstances, must never hesitate to:

- reprimand the passive wrestler or wrestlers (ATTENTION)
- interrupt the bout at the correct moment, neither too soon, nor too late,
- call for TIME OUT, or to order to continue wrestling (CONTINUER); where appropriate,
- count off with his arm the seconds of each danger position,
- indicate whether the hold executed at the edge of the mat is valid or not,
- announce the caution (AD'VERTISEMENT) after seeking agreement of the judge, or in its absence, asking the mat chairman for CONSULTATION,

—announce the fall (TOUCHE) after seeking the agreement of the judge, or in its absence, that of the mat chairman,
—find that a wrestler has indeed been pinned to the mat by both shoulders at the same time (see Article 29), the referee must mentally pronounce the word "Tomber" (fall), raise his hand to get the agreement of the judge or of the mat chairman, strike the mat with his hand and then blow the whistle.

The referee must take special care:

not to get too close to the wrestlers when they are standing, since he would not be able to see their legs, but to stay close to them if the wrestling is on the ground,

rapidly and clearly to order the position in which the wrestling should be resumed: standing or on the ground, when he sends the wrestlers back to the centre of the mat (their feet in the central circle),

not to stand so close to the wrestlers that he obstructs the view of the judges and the public, particularly if a fall appears imminent,

to see to it that the wrestlers do not rest during the bout, on the pretence of wiping their bodies, of bowling their noses, tying their shoe laces or feigning injury, etc. In such cases he must stop the bout and signal to the timekeeper,

to be able to change his position, from one moment to the next, on the mat or around it, and particularly to fall immediately flat on his stomach to get a better view of an imminent fall.

to be ready to blow the whistle if the wrestlers approach the edge of the mat.

The referee is likewise required:

to pay special attention to the wrestlers' legs in greco-roman wrestling,

when he has to give a caution, to limit himself to raising his arm, taking the wrestler at fault by the hand,

to require the wrestlers to remain on the mat until the result of the match is announced,

in all cases, to first ask the opinion of the judge at the edge of the mat facing the mat chairman,

to vote (for or against) with all the other officials in case of DISQUALIFICATION.

(i) The referee is authorized to ask for cautions for the infractions of the rules, brutality, or if a wrestler avoids combat, even at the beginning of a bout.

Article 17—The Judge. (a) The judge is responsible for all duties stipulated by the general rules of wrestling.

(b) He must follow the course of the bout with utmost attention, without letting himself be distracted in any way, and allocate the points, which he marks down on his score sheet.

(c) Following each action, and based upon the referee's indications (which he compares to his own judgement), he records the number of points allocated to the action in question and posts the results on a score board placed beside him which must be visible to the spectators as well as the wrestlers.

(d) He gives his opinion or he may call for the pronouncing of a caution himself.

(e) The judge ascertains the fall (TOUCHE).

(f) If, during the bout, the judge notices something that he feels he should bring to the attention of the referee, in case, the latter has not been able to see it, or has not paid attention (a fall, an illegal hold, a censurable position, etc.), he is bound to do so by raising the bat of the same colour as the jersey of the wrestler in question, even if the referee has not asked for his opinion.

In all circumstances, the judge must call the referee's attention to anything that seems to him abnormal or irregular in the course of the bout or the conduct of the wrestlers.

(g) Moreover, the judge must sign the score sheet handed to him, upon receipt, and at the end of the bout. He must not fail to record clearly on it the result of the bout by distinctly crossing out the name of the loser.

(h) The decisions of the judge and of the referee are valid and enforceable without the participation of the mat chairman if they are in agreement, except for the third caution.

(i) In order to facilitate keeping watch over the bout, particularly in case of a difficult position, the judge is authorized to move about, but only along the side of the mat where he is placed.

Article 18—The Mat Chairman. (a) The mat chairman, whose functions are preponderant, shall assume all the duties set forth in the rules of wrestling.

(b) He co-ordinates the work of the referee and the judge.

(c) He is bound to follow closely the course of the bouts without letting himself be distracted in any way, and to evaluate, in terms of the rules, the conduct and the action of the other officials.

(d) He has the right to interrupt the bout and to ask for the reasons upon which the decisions of the referee and the judge were based.

(e) It is obligatory for him to call the officials into consultation at the end of the first period (3 minutes) of each bout in the course of which no action has taken place and no caution has been imposed, in order that they may decide with them, on imposing a caution on one or on both of the wrestlers (see Article 30).

(f) In case of disagreement between the judge and the referee, it is his task to settle the issue in order to determine the results, the number of points, the falls, the cautions, the disqualifications, etc.

However, in a case involving a third caution or a disqualification, the mat chairman must secure the services of an International Referee-Judge as a fourth member of the officiating team to make the final decision.

(g) In order to give the "result of a bout by decision" the mat chairman takes into account only the tallies on the judge's score sheet, since all the movement and action of the said bout should have been evaluated and recorded after general agreement of the officials, and since the mat chairman will have had the opportunity to check the correctness of these tallies by means of his own supervisory score sheet.

(h) In general, the mat chairman must prove that he has the technical and special skills referred to in Chapter V of the Regulations of the International Judges and Referees.

Article 19—Penalties Against the Officials. In addition to the measures provided in the Disciplinary Regulations, Chapter III, the FILA, on the advice of its Commission for Judging and Refereeing, will have the right to impose the following penalties on officials technically at fault.

- (a) demote the official(s) in question to a lower category,
- (b) declare a limited suspension,
- (c) order a definitive dismissal.

In the course of a competition, the President of the FILA or his official delegate has the right to take the following measures against the faulty judge or referee.

- (a) give him a warning,
- (b) withdraw him from the competition and inform the Commission for Judging and Refereeing the FILA, which will have to propose a penalty for the decision of the Federation.

PART THREE—THE BOUT

Article 20—Duration. The duration of the bout is 9 minutes of actual wrestling for both styles, divided into three periods of 3 minutes each: 3+3+3.

After the first 3 minute period of the bout a 1 minute rest is given, and after the second period, another minute of rest is given.

Every match must last until one opponent is defeated or has performed a maximum of 9 minutes of actual wrestling, as indicated above. If defeat occurs before the maximum time limit has expired, the victory is recognized as a fall and ends the bout.

Only the referee can give, with his whistle, the signal to begin, interrupt or terminate the bout, and only he, acting on his own conviction, can call time out and stop the bout (notwithstanding the possible intervention of the mat chairman).

Consequently, for each action of a competitor interrupting the bout (tying his shoe laces, blowing his nose, leave the mat, etc.) as for any event stopping the bout (intervention, injuries, etc.) the stop-watch must automatically be stopped.

In the event of the visible automatic stop-clock fails to function, a timekeeper must call out the time, minute by

minute. This count is made in French and English, and in the language of the nation concerned.

Article 21—Call. The competitors are called in a loud and intelligible voice to step up to the mat.

Any competitor who does not respond after the regular call of his name is considered as defeated by fall and eliminated from the entire competition.

However, a delay of 5 minutes is granted to any wrestler if he has an acceptable reason, but only for his first bout in the first round.

Starting with the second round of the same contest, 3 calls of the competitors must be made, spaced 30 seconds apart. If after the third call, the wrestler does not come forward, he is disqualified, excluded from the competition and not classified.

These calls are made in French, in English and in the language of the nation concerned.

Article 22—Start. Answering to the call of his name, each opponent, before the match, must take his place at one corner of the mat, at the position assigned to him and which is marked with the same colour as the jersey he has been instructed to wear.

The referee, in the middle of the mat in the central circle, calls the two wrestlers to his side, examines their dress, checks that they are not covered with any greasy or sticky substance, that they are not sweaty, that their hands are bare, that their fingernails are cut short, and that they have a handkerchief.

The wrestlers greet each other, shake hands and, upon the referee's order, return to their respective corners.

At the sound of the referee's whistle, the wrestlers approach each other and immediately begin wrestling. They will not have to shake hands again until the end of the bout.

Article 23—Stopping the Bout. By striking the gong, the timekeeper indicates the end of the first period, the end of the second period, as well as the end of the bout.

The referee must then whistle immediately. If he has not heard the striking of the gong, the mat chairman must intervene and have the bout stopped.

Any action begun at the very moment when the gong

sounds is not counted and no action performed between the striking of the gong and the blowing of the referee's whistle is valid.

At the end of the first period and at the end of the second period (i.e. after 3 minutes and after 6 minutes of actual wrestling), both wrestlers are sent to their respective corners for a period of 1 minute.

If one of the competitors is in a "danger position" at the moment the gong strikes, account will be taken solely of the time elapsed during the situation in which he was until the moment of the gong sounding: 2 points if this position in this position lasted less than 5 seconds, and 3 points if it lasted 3 seconds or more.

Before the end of the 1 minute break, the referee will call the wrestlers to the centre of the mat to ascertain that they are wiped completely dry, and will make certain, 5 seconds before the gong sounds again, that the coaches and masseurs have left the mat.

At the end of the 1 minute break, the second and third periods always begin in the standing position, without taking account, in any way, of the position they were in at the end of the prior period.

Article 24—Interruption of the Bout. (a) If a competitor finds himself forced to interrupt the bout because of a bleeding nose, a fall on the head, or because of any other acceptable reason beyond his control, the referee may stop the wrestling for a maximum of 5 minutes in a given bout.

The entire suspension may be accorded at one time, or in several shorter periods: but if, for one of the wrestlers, in one and the same match, these 5 minutes are exceeded, the bout cannot continue and the wrestler in question is declared beaten.

The wrestler concerned and his coach must be informed, minute by minute, of the actual total duration of the time out already accorded.

(b) In case of injury, the time out likewise cannot exceed the total of 5 minutes per bout. The minutes must be called

If the bout cannot be resumed after the 5 minutes have elapsed, the decision is taken by the Medical Service. The wrestler may continue the competition in the following round, if he is not eliminated, and if the FILA doctor makes no objection.

(c) The mat chairman can order the bout to be interrupted in the event of a serious fault on the part of the judge or the referee. After consultation with the judge and the referee, he decides upon the question and orders the bout to be resumed.

(d) Under no circumstances may a competitor take the initiative of interrupting the bout by deciding himself to pull his opponent back from the edge of the mat to the centre.

Article 25—End of the Bout. The end of the bout occurs when a fall has been declared, or when the competitors are eliminated after three cautions, or by disqualification of one or both opponents, or by injuries, or at the expiration of 9 minutes of actual wrestling signalled by the sound of the gong and the referee's whistle.

When the match is ended, the referee stands in the centre of the mat facing the official table, the wrestlers shake hands, place themselves at each side of the referee and await the decision. They are forbidden to slip off the shoulder straps of their jerseys before having left the mat.

Immediately after the announcement of the decision, the wrestlers shake hands with the referee and then leave the mat.

Article 26—One-Minute Break Periods. During the 1 minute break between periods, the competitor's coach and masseur may approach the edge of the mat to give advice and care to their wrestler. However, they must leave the mat 5 seconds before the gong sounds, as specified in Article 23. They must wear a training suit.

During the 1 minute break in the bout, the wrestler may, as he wishes, remain standing in his corner, or sit on a low stool no more than 50 cm. from the mat. He has the right, during this time, to demand a massage and instructions from his coach.

The referee must supervise the activities of the masseur and

of the coach, because it is strictly forbidden to give the wrestler any doping enabling him to recover his strength, as well as any liquid or solid substance.

The coach must use a completely dry towel to wipe down his wrestler.

The sound of the gong, after the referee's signal, indicates the beginning of the second (or third) period of the bout.

Article 27—The Coach. The coach, during the bout, can remain at the foot of the platform, or at a minimum distance of 4 metres from the edge of the mat.

Except for the activity authorised during the 1 minute break, or in case of attention given to his wrestler by the doctor, at which he may be present, the coach is strictly forbidden to give instructions to his wrestler during the bout. He is also forbidden to speak to him or to engage in any actions harmful to the course of the bout.

In case these restrictions are not respected, the referee is bound to admonish him, and if he persists, the mat chairman disqualifies him. In case of repeated violations, the coach will be disqualified for the duration of the entire competition. The wrestler may then call upon another coach.

THE RULES OF WRESTLING DEFINITIONS AND SITUATIONS

Article 28—Danger Position. The wrestler shall be considered in the "danger position" when the line of his back (or the line of his shoulders), vertically or in parallel with the mat, forms an angle of less than 90° with the said mat, and when he resists, with the upper part of his body, to avoid a "fall" (See definition of "fall" in Article 29 below).

The wrestler can resist with his head, elbows and shoulder, and also by an "instantaneous fall" position.

The following shall be considered "danger positions":

(a) when the defending wrestler assumes the bridge position to keep from being pinned;

(b) when the defending wrestler, his back toward the mat, supports himself on one or both elbows in order to avoid having his shoulders forced to the mat, or when he is blocked in this position on both hands;

(c) when the wrestler has one shoulder in contact with the mat and at the same time exceeds the 90° vertical line with the other shoulder (acute angle);

(d) when the wrestler finds himself in the "instantaneous fall" position, i.e. when he is on both shoulders for less than one second.

In the event that the referee notes the "danger position", he must immediately count off the seconds as long as this position lasts by swinging his upstretched arm down and back for a maximum of 5 seconds. At the expiration of the 5 seconds thus counted off, he indicates, by raising his arm and extending three fingers of his hand, that three points are to be given to the attacking wrestler.

The "danger position" ceases to exist when the wrestler goes beyond the 90° vertical line's with his chest and stomach turned toward the mat. But if, from this position, the defending wrestler is again forced to cross the 90° vertical line with his back turned toward the mat, there is a new "danger position", which can be counted again only to the extent that the defensive wrestler has previously recovered a very clear position with his stomach toward the mat.

Article 29—The Fall. It is considered to be a fall (TOUCHE) when the defensive wrestler is held by his opponent with his two shoulders against the mat for a sufficient time to allow the referee to count ONE, or to pronounce mentally word "TOMBER" (fall) and strike the mat with his hand (see article 16F).

In order for a fall to be recognized at the edge of the mat, it is enough for the shoulders of the contestant to touch the mat at the moment of falling (as is stated above), but his head must remain within the limits of the mat.

The fall established by the referee will be valid if the judge makes no comment and indicates his agreement, for if, in the requisite consultation of the judge by the referee, there is a difference of opinion, the final decision must be given by the mat chairman.

Consequently, to be established and acknowledged, the fall must be clearly maintained, i.e. the two shoulders of the wrestler in question must be simultaneously touching even in

the case of a standing rear body-lock and lift; in any case, the referee will strike the mat only after he has obtained the confirmation of the judge, or failing that, of the mat chairman and then he will blow his whistle.

Article 30 — Warning and Caution

(a) *Basic Rule.* The referee may warn a faulty wrestler for the first time without the consent of the judge, but to give a caution he must have the consent of the Judge If the judge does not agree, the mat chairman shall make the decision in this respect. It is, however, important to specify that during the whole bout, warning must obligatorily be given the *first* caution.

If, during the first period of the bout, no action takes place and no caution has been imposed, the mat chairman, at the end of the first 3 minutes, calls the officials into consultation, because in these circumstances it is obliged to decided on the imposition of a caution, either to the least active wrestler, or to the one who has sought to avoid combat, or to both wrestlers, if that is what they both deserve. At this point, the giving of the caution must be made by the referee before the start of the second period of the bout, using the procedure set forth in paragraph b below.

When a second caution has been pronounced, the mat chairman must call for the collaboration of a qualified Judge-Referee who becomes the fourth provisional member of the officiating team.

From that time on, if, during the bout in question, a *third* caution appears justified and is called for, in order for it to be announced, it must have a majority of the votes of the officials, i.e. 3, one of whom must be the mat chairman.

(b) *Announcing the Caution.* In case of caution during the bout, the combat is interrupted and the stop-watch is stopped. The caution must be publicly announced by the referee in a clear manner so that the wrestler(s) and the public understand the reason (using an interpreter if need be).

The referee raises one arm vertically, while holding the wrist of the penalized wrestler with the other hand. Example: the wrestler in blue receives a caution. The referee holds the wrist of the wrestler in blue and raises his red sleeved arm vertically.

If both wrestlers are penalized simultaneously, the referee raises both of his arms.

(c) **Principal Cases Incurring Cautions.** The caution or warning is pronounced in the following cases :

1. Stalling (see article 31).
2. Illegal holds (see articles 35, 36, 37).
3. Breach of discipline during the bout.
4. Violation of the rules.

A caution for stalling may be pronounced during any part and at any moment of the bout, whether the wrestlers are in the standing position or on the ground.

However, 30 seconds before the first caution, the wrestler must be warned that this may be incurred, and the referee has the right to warn him without requiring the consent of the judge.

On the other hand, in cases 2, 3 and 4 above, preliminary notice is not given to the wrestler at fault and the caution is pronounced immediately.

(d) *Search for and Application of a Caution.* It is very important, especially in periods when there is no activity, to note and establish clearly which of the two opponents is wrestling in an open manner and which of them is seeking to avoid combat.

This is still more important in the latter phases of the bout: it is the task of the referee at all times to require the opponents to wrestle honestly and to intervene if they show signs of passivity or stalling, by announcing cautions or warnings.

A caution is only valid, however, as has been stated above, if it is confirmed by the judge, or in case of disagreement, by the mat chairman.

The judge records this caution to the benefit of the opponent of the wrestler at fault.

In case of stalling, before interrupting the bout, the referee must intervene and then ask the opinion of the judge about giving the caution.

On the other hand, in case of illegal holds presenting a

danger, the referee interrupts the bout and then requests the opinion of the judge about imposing the caution.

(e) *Special Examples.* If a wrestler prevents a hold by irregular means, for example, in greco-roman style, the wrestler who has been lifted, trips up his attacker, the referee should not blow his whistle, but should let the hold, take its course if there is no danger of injury and call the attention of the officials during this violation. These latter must mark the points according to the merit of the hold, but immediately afterwards, a caution must be given to the wrestler at fault.

If, as a result of a violation of the rules, the attacked wrestler should be pinned, this fall is not valid. A caution must be given to the wrestler fault. If this caution is given at the end of the third minute of one or other periods of the bout, and if the judge has signified his agreement, the said caution is valid, even if, in the mean time, the gong has sounded and referee has not had the actual time to caution the wrestler at fault.

If the latter refused to accept this decision, the referee will, on two new occasions, signify it to him, and in case he still does not obey, he will receive an additional caution.

(f) *Consequences.* After 3 cautions whatever be their cause, the competitor at fault is declared defeated.

It should be emphasized that the third caution can only be imposed according to the conditions specified in (paragraph A) of the article, that is to say: a majority of 3 votes out of 4, one vote of which must be that of the mat chairman.

In all cases of very serious infractions, brutality, etc., disqualification for the whole competition can be announced immediately by a majority vote of the officials conducting the bout, namely: 2 votes out of 3.

Article 31—Passivity (Stalling). The following is generally considered as stalling:

The attitude of one or both wrestlers when contrary to the spirit and the aims of wrestling.

- they do not use any proper holds,
- they are satisfied with physical efforts intended to neutralize the opponent,

- they give the impression of only ineffectively trying to initiate holds,
- and in particular,
- continually obstructing the holds of the opponent,
- intentionally fleeing the mat,
- constantly lying flat on the stomach,
- holding the opponent by both hands in order to prevent him from wrestling,
- (in free style wrestling) grappling one leg of the opponent between two legs while remaining flat on the stomach without wrestling,
- pushing the opponent off the mat.

Stalling and fleeing the mat shall be handled as follows:

(a) When a wrestler goes off the mat, the referee stops the bout by blowing his whistle, which serves to stop the stopwatch.

When the referee resumes the bout, also by blowing on the whistle, the stop-watch must also recommence the time count.

(b) In case of obvious avoidance of combat, which should be watched out for throughout the bout, from the first to the last moment, the referee warns the faulty wrestler and then cautions him under the conditions set forth in paragraph c, d and e below.

Action seeking to avoid combat is equivalent to obvious escape from the mat.

(c) On the second clear avoidance of combat, either in the standing position or on the ground, the first caution shall be pronounced against the wrestler at fault.

The referee must make certain that the wrestler in question has left the mat intentionally and has not been pushed by his opponent.

(d) When a wrestler escapes the mat for the third time or attempts to avoid direct combat, he shall be cautioned a second time.

(e) A further escape or attempt to avoid the opponent shall then be penalized by disqualification, pronounced by the majority of the votes of the officials conducting the bout.

In general, before the official pronouncement of a caution the referee must warn the wrestler at fault and advise him to engage in true combat. During the 1 minute rest, he may likewise request the coach to encourage his wrestler to combat.

Finally, the mat chairman is empowered, after the second caution for stalling is given, to interrupt the combat briefly in order to inform the stalling wrestlers of the danger of a third caution.

The passivity zone. The passivity zone is for the purpose of revealing the passive wrestler, of doing away with systematic wrestling at the edge of the mat, as well as thoughtless departures from the wrestling area.

All the holds and actions begun on the central wrestling surface and ending within that area are valid, including: position of danger (9, 3 or 4 points), counter-attack and fall.

Article 32—Fleeing the Mat and Evasion from Hold. As concerns fleeing the mat or evasion from hold, it is appropriate to emphasize that, after the obligatory oral notification by the referee:

(1) repeated retreat from the mat into the passivity zone provides the basis for pronouncing a caution to the wrestler at fault.

(2) the evasion from hold, when accompanied, leads to:

(a) the allocation to a point to the wrestler who opposes the evasion of his opponent and rises to control him (even 2 points in case the evading wrestler launches out and touches the ground with 2 shoulders, wherever the place may be),

(b) the issuance of caution to the evading wrestler.

Article 33—Wrestling at the Edge of the Mat, Standing and on the Ground. (a) In all events, if, in the standing position, one foot is on the mat protection surface, i.e. outside the passivity zone, it is obligatory to interrupt the bout.

(b) Any hold or counter-attack begun when *standing* on the central wrestling surface of the mat (apart from the passivity zone) is good, whatever may be the place it ends up (wrestling area, passivity zone or protection surface). However, if it ends up on the protection surface, the bout is interrupted and the wrestlers returned standing to the centre of the mat,

but the points will be assigned according to their value (1, 2 or 3 points).

(c) The moment a wrestler puts a foot in the passivity zone, the referee must audibly pronounce the word "ZONE".

On hearing this word, the wrestlers must themselves try to return towards the middle of the mat, without thereby interrupting the wrestling action begun.

(d) In the execution of their holds and actions—begun and already being developed on the central wrestling surface—the wrestlers can pass into the passivity zone and while continuing the movement can develop actions or holds there, in all directions, on the strict condition that no interruption appears in the execution (pushing, blocking, pulling, jostling).

(e) In case a hold is correctly begun on the mat, but ends up passing above the passivity zone onto the protection surface, due to a broadly sweeping curve, only the points of the value of the hold are awarded, without its being allowed, for example, to maintain the bridge position or to continue the action to bring about the fall. The bout must, in fact, be interrupted and the wrestlers returned standing to the centre, as the hold was developed outside.

(f) An action or a hold can only be begun while standing in the passivity zone on the formal condition that the wrestlers engaged have put only 2 feet there. In that case, the referee will let a limited time pass, waiting for the development of the hold.

(g) If the wrestlers stop their action in the passivity zone and stay there, or if, without action, they intrude 2, 3 or 4 feet to the central point, without prejudice to the rules on passivity being applied.

(h) In wrestling on the ground, any action, hold or counter-attack performed starting from or within the passivity zone is good, even if it ends up on the protection surface.

For all actions begun on the ground in the passivity zone and performed in the protection surface, the referee and judge assign points, but the bout is interrupted and the wrestlers are brought back to the centre (standing or on the ground, as in the old Rules).

The limbs of the wrestlers on the ground can be in the protection surface.

(i) If the wrestler who is underneath is within the limits of the mat (even though 3 or 4 legs are off the mat), the bout must continue for as long a time as the wrestling takes place within the confines of the mat.

Article 34—Wrestling on the Ground. When wrestling is ordered on the ground, the wrestling can only resume at the blowing of the referee's whistle when the opponents have taken the regular position "on the ground", defined as follows:

(a) *Position:* the competitor who has fallen to the ground is obliged to place himself on his knees with his hands off the mat, hands and elbows spread at a distance of at least 20 centimetres (8 inches) from his knees. His arm must remain straight, and his feet uncrossed.

(b) *Contact:* the wrestler who was on top may take any position which he considers suitable for attacking, but must first make contact with his opponent by placing his two open hands upon the latter's back.

After the referee has checked and established the correctness of the position of both wrestlers, he blows his whistle for the resumption of bout. At that moment, the top wrestler may attack his opponent; the wrestler who is underneath is released from his initial position and may likewise attack and counter the efforts of the top wrestler and regain his feet.

In one of the wrestlers is forced to the ground during the bout, the wrestling continues on the ground and the wrestler who is underneath can counter the efforts of his opponent and regain his feet.

The wrestler who forces his opponent to the ground must be active. If, in this position, the two competitors are passive, the referee can order them to stand up and continue the bout from the standing position (see article 41).

The wrestler on the ground who leaves the mat with his knees to the ground must resume the bout at the centre of the mat on the ground.

It is forbidden for the wrestler who was on top to resume the bout by jumping on his opponent. If this rule is violated,

the referee must warn the wrestler at fault and have the wrestler on the ground stand up.

The wrestler underneath does not have the right to interrupt the bout or to ask to resume the standing position.

If, during an action, the wrestler who is underneath leaves the mat without being controlled by his opponent, the bout shall be resumed from the standing position.

PROHIBITION AND ILLEGAL HOLDS

Article 35—General Prohibitions. It is prohibited to pull the hair, ears, genitals, to pinch the skin, to bite, to twist fingers and toes, etc., and generally speaking to execute any action, gesture or hold with the intention of torturing the opponent or of making him suffer to oblige him to give up.

It is also prohibited: to fight, kick, butt with the head, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of members, to tread on the feet of the opponent and to touch his face between the eyebrows and the line of the mouth.

It is more strictly prohibited:

- to thrust the elbow or knee into the opponent's abdomen or stomach,
- to effectuate any torsion or twists likely to cause suffering,
- to grasp the opponent by his jersey,
- to cling to or grasp the mat,
- for the wrestlers to talk to each other during the bout.

Article 36—Illegal Holds. The following holds and actions are, in particular, illegal and strictly prohibited:

- throat hold,
- twisting of arms more than 90° ,
- arm-bar applied to the forearm,
- three-quarter nelson with both hands,
- double nelson if it is not executed from the side, without any use of the legs on any part of the opponent's body,
- bringing the arm of the opponent behind his back and at the same time applying a pressure to it in a position where the forearm and the upper arm form an angle of less than 90° ,

—chancery hold any sense whatsoever.

Furthermore, in standing holds executed behind when the opponent is turned upside-down (reverse waisé hold), the fall must only be executed to the side, and absolutely never directly from above downward (a header) : some part of the body other than the feet of the wrestler applying the hold must touch the mat before the upper part of the body of the other wrestler.

In executing a hold, only one arm may be used to hold the opponent's head.

Lastly, it is forbidden to lift the opponent who is in a bridge position and then throw him to the mat (severe shock against the ground), that is to say, the bridge must be forced down. Likewise, it is formally prohibited to break the bridge by pushing in the direction of the head.

In a general manner, if the attacking wrestler is found to have violated the rules in applying a hold (at any point, from the beginning to the end), the action in question is completely voided.

Article 37—Special Prohibitions. (a) In *greco-roman* wrestling, it is forbidden to grasp the opponent below the hips or to squeeze him, with the legs.

All pushing, pressing or lifting by means of contact with the legs on any part of the body of the opponent is absolutely prohibited.

For example, it is forbidden, while attacking from the ground position to lift the opponent by means of the legs, over the knee and thigh to bring about a fall.

(b) In *free-style* wrestling, it is not necessary, in executing certain holds by and on the legs, to accompany the opponent to the ground.

A scissor lock with the feet crossed is forbidden on the head, the neck or the body.

On the contrary, tripping or swinging the feet or legs is permitted.

Article 38—Consequences Affecting the Bout. If, as a result of an illegal hold, the wrestler who applied it finds him-

self at a disadvantage, the bout must continue without interruption.

The advantages derived from an illegal hold must be voided, even though the wrestler at fault has already released the holds.

The violation must be stopped by the referee without breaking the hold, if that is possible. In cases without danger, he allows the hold to develop and awaits the outcome thereof, after which he is free to act; i.e., to accept or void the hold and caution the wrestler at fault.

At all events, in case of wilful butting with the head or any other brutality, the wrestler at fault is disqualified.

The duties of the referee as regards the competitor violating a rule are as follows:

- stop the violation,
- having the hold released, if it is dangerous,
- call for a caution,
- have the competitor at fault declared "beaten" or "disqualified"

Article 39—Recording the Points. The judge marks, on a special sheet, the points obtained for the actions and holds performed by the wrestlers.

He writes them down as each period progresses.

In order to have uniform scoring, actions which have brought about a fall will not be noted on the score sheet, but only the preceding actions, because the simple notation of the word "fall" indicates a final action.

Evaluation of Holds—Major Technical Holds. *Definition.* Any action or hold by a wrestler is deemed to be a "major technical" hold when it

- has caused his opponent to lose all contact with the ground,
- control him tightly,
- makes him execute a broadly sweeping curve in space and brings him to the ground in a direct and immediate position of danger.

Scoring. When performed as indicated above, the "major technical" hold or action is awarded 3 points; if the position of danger is held for 5 or more seconds, 1 additional point if attributed (hence 4 points).

Remark. If the wrestler performing a "major technical" hold himself touches the mat with his two shoulders, he will receive 2, 3 or 4 points as indicated above, his opponent receiving 2 (because of the instantaneous fall).

Article 40—Values Assigned to Actions and Holds. 1 point

- To the wrestler who brings his opponent to the ground while passing behind him, and maintains and controls him in that position (3 points of contact; 2 arms and 1 knee, or 2 knees and 1 arm).
- To the wrestler who surpasses his opponent by passing behind him.
- To the wrestler who makes a correct hold—2 roll on the ground, in the air or with arms stretched out—but who, during its execution does not make his opponent touch the mat, either by the neck or the elbows, or by the shoulder or by the head.
- To the opponent of the wrestler who has been penalized by a caution.

2 points

- To the wrestler who obtains a correct hold and who momentarily puts his opponent in a position of danger for less than 5 seconds.
- To the wrestler whose opponent touches the mat with both shoulders, for any reason whatsoever, without being maintained in the position.
- To the wrestler obtaining a "major technical" hold which does not end up by putting the opponent into a direct and immediate position of danger.

3 points

- To the wrestler who keeps his opponent in position of danger for 5 seconds and more (shoulders forming angle of less than 90° with the mat).
- To the wrestler performing a major technical hold which

directly and immediately puts his opponent into position of danger for less than 5 seconds.

points

—To the wrestler performing a major technical hold and who has uninterruptedly put his opponent into position of danger for less than 5 seconds and longer.

Article 41—Evaluation of the Importance of the Action or of the Hold. For the purpose of encouraging active wrestling, an attacking wrestler who is *voluntarily* on the ground will be promptly returned to the standing position if his opponent takes no *immediate* action. Furthermore, in the case of voluntarily falling to the ground, the wrestler in question may, in addition, be penalized by a caution.

But if, as a result of his own attack, a wrestler is held down under his opponent either on all fours or flat on his stomach, the wrestler who thereby finds himself on top does not get any point for this "take down", unless he has performed a distinct action to place himself in a position of control, above or behind.

On the otherhand, if, in a like case, a wrestler attempting a hold is maintained in a danger position, his opponent is given 2 or 3 points (the 5 second rule).

In the event that the actions of both wrestlers change alternately, from the position to another, the scoring points for all the actions is made according to their value.

The instantaneous fall is also considered a danger position (see Article 28b), when a competitor first touches the mat with both shoulders (which scores 2 points for his opponent) and then adopts the bridge position. The action involving "instantaneous fall" and "bridging" will be scored according to the duration of the action or execution, that is to say:

2 points for less than 5 seconds

3 points for 5 seconds or more.

The referee indicates the points, if the judge agrees he raises his bat, (if there is a disagreement the mat chairman intervenes for the decision).

As soon as a competitor touches the mat with both shoulders and then adopts the bridge position, the referee, without

consulting the judge, will begin the count until the wrestler is out of the danger position, or until the fall is clearly and distinctly evident.

When a wrestler, finding himself in a position of instantaneous fall surpasses his opponent (to whom 2 points have been awarded) and thereafter counter attacks and applies other holds, he will be awarded points for all the holds applied.

Rolling from one shoulder to the other with the help of the elbows in the bridge position and vice versa is considered as a 2 point action, if this continues for 5 seconds this action will count for 3 points. After having counted 5 seconds the referee raises his hand, showing three fingers to indicate that the action which just took place counts for 3 points against the wrestler in the danger position (see Article 280).

At the end of the 2 minutes of each of the bouts no action is valid, if it has been started before the sound of the gong, if it puts the wrestler underneath in a position of danger imminent fall, i.e. his shoulders at an angle of less than 90 degrees in relation to the mat. This action will be scored in accordance with the 5 second rule, namely the duration of the hold counted up to the sound of the gong. In no case can the counter attack of the wrestler underneath be counted if it occurs after the 3 minutes. In case of a fall which occurs at the moment when the bout ends. Only the sound of the gong (and not the referee's whistle) is valid.

Remark. No point will be awarded for the activity of the wrestlers and this is not considered as a factor in deciding who wins the match.

Criteria for suppressing the draw bout—remarks. When, at the conclusion of a match, both wrestlers have the same number of points, the following rules will be observed and successively applied, if need be, and the winner will be designated as being:

(1) the wrestler who has scored the greatest number of technical points—no account being then taken of the points acquired through cautions.

—if there is still a tie:

(2) the wrestler who has, during the bout, obtained the greatest number of holds awarded 4 points,

—and if there is still a tie:

(3) the wrestler who has, during the bout, obtained the greatest number of holds awarded 3 points,

—and if there is still a tie:

(4) the wrestler who has, during the bout, obtained the greatest number of holds awarded 2 points,

—and if, at this latest stage there is still a tie,

(5) the winner will be designated as being the wrestler who has scored the *first* of the technical points (1, 2, 3 or 4 points).

However, if no technical point has been scored on either side at the end of the bout, and if the final tie is due only to points from cautions: *both* wrestlers are declared *beaten* (4/4). This case should be extremely improbable, since it would result from a very bad refereeing.

In practice, the mat chairman and the judge must from now on:

(a) indicate by a small cross on the score sheet, for all the bouts, the first assigning of technical points;

(b) consult together obligatorily at the end of any bout resulting in an equal number of points, to undertake the designation of the winner.

Article 42—Decision and Vote. (a) The referee indicates his decision by raising his arm in an obvious gesture, if the referee and the judge agree, the decision is announced.

(b) In case a vote is taken, the judge and the mat chairman must indicate their votes by means of bats. For this purpose, each of these officials uses three bats, painted respectively, red, blue and white. These bats must be kept within easy reach.

If the judge and the mat chairman are called upon, in no case can they abstain from voting, and must express their votes in a clear manner, leaving no room for ambiguity.

In principle, the vote is handled by the judge and the referee, and in case of disagreement, the decision made by the mat chairman.

(c) If no fall has taken place within the 9 minutes of actual wrestling fixed for the duration of bouts in both styles, only the judge's score sheet is taken into consideration to designate the winner or proclaim a draw bout.

If, on the score sheet, there is a difference of one or more points, the winner is the wrestler who has the greatest number of points.

If, on the contrary, no points have been scored or if the points of the two wrestlers are equal in number, the judge crossed out both sides of the score sheet and declares a drawn bout.

Article 43 — Tabulations of Decisions. (a) If the vote concerns only one wrestler, only one bat may be raised: the bat with the colour of the wrestler in question, if the decision is favourable, the white bat if the decision is unfavourable.

The mat chairman makes his decision known when the referee and the judge differ.

(b) If the vote concerns both wrestlers, it can then be expressed by three colours: red, blue, white; it being noted that only the red and blue can determine the result. There, too, if there is a disagreement between the judge and the referee, the decision will be made by the chairman, except when it involves imposing the *third caution*, which can only be pronounced by a majority of the votes of the reinforced officiating team (four members, see Article 30a), including the vote of the mat chairman.

Article 44 — Penalty Points. The results of the matches are shown by assigning penalty points to the wrestlers, the amount being fixed in the following way (see attached table):

Fall 0 : 44 : The wrestler who throws his opponent, i.e. keeps and controls him with both shoulders against the mat for a duration of 1-2 seconds, receives 0 penalty points, the loser receiving 4.

Victory 0 : 4 not being counted as a fall for the finals.

Winner through injury : If a wrestler is injured or accidentally injures himself and stops the match, he loses the bout and receives 4 penalty points, his opponent receiving 0.

Winner through disqualification. The wrestler proclaimed

winner through disqualification of his opponent receives 0 penalty points, the disqualified wrestler 4. The reason for the disqualification (infraction of discipline, assault, violation of rules) must be marked on the score-sheet and on the score-board (see annexed Table 2, with the other cases of disqualification).

Winner by forfeit : If a wrestler does not come forward when his name is called, he is withdrawn from competition and *not classed* — his opponent receives 0 penalty points.

Victory by great superiority : If the victory is obtained by evident superiority, with a difference of 12 or more points between the two opponents (including the cautions), the winning wrestler receives 0 penalty points, the loser 4.

Note : If the wrestler is bye, this advantage will not be considered as a fall.

Victory by superiority 0.50 : 3.50 : If the victory is obtained by evident superiority, with a difference of from 8 to 11 points between the two opponents (including the cautions), the winning wrestler receives 0.5 penalty points, the loser receiving 3.50.

Victory by points : To be proclaimed winner by points, any wrestler must have scored at least 1 point more than his opponent by the end of the match (including cautions), he then receives 1 penalty point, the loser 3.

Victory when the points are equal: When, at the end of a bout, the two opponents have both obtained the same number of points (including caution points), the winner is designated by application of the rules elimination the draw bout, and he receives 1 penalty point, the loser receiving 3.

Penalty Points Decisions in Cases of Passivity.

Case 1 : *A Wrestler is declared winner by 0 : 4 points if he has earned one or more technical points, and if his opponent was disqualified by three warnings.*

Case 2 : *A wrestler is declared winner by 1 : 4 points if he has neither warnings nor tech-*

nical points, and his opponent was disqualified by three warnings.

Case 3 : *A wrestler is declared winner by 2 : 4 points if he has received one or two warnings, if he has no technical points, and if his opponent was disqualified by three warnings.*

Case 4 : *A wrestler is declared winner by 2 : 4 points if there were only warnings in the match.*

Case 5 : *The match ends by 4 : 4 points if the officials are not able to determine a winner. (Tied matches can be 0 : 0, 2 : 2) In such a case, the officials will be suspended.*

Article 45 — Elimination. Any wrestler as soon as he has accumulated 6 penalty points, *is eliminated except when these six points are equalled or exceeded by the addition of the penalty points allocated for a victory.* The result is that, after the moment when a wrestler has accumulated 5 or $5\frac{1}{2}$ penalty points, he continues to compete until he is defeated, wrestles a draw or is disqualified.

A wrestler who, without a medical certificate or without a certificate of the official secretariat, fails to appear for the weigh-in, or does not present himself opposite his opponent at the call of his name, according to regulations, is disqualified and not classified. In a competition lasting several days, a wrestler who is too heavy at a weigh-in (other than the first day weigh-in) is eliminated with the number of penalty points he has accumulated upto the round preceding the weigh-in concerned.

The round in which the elimination occurs must be shown on the paring sheet (record sheet) as well as the score board. Competitors eliminated in the same round are considered out of the competition at the same time.

Article 46—Rules of Classification. Every competition necessarily involves two distinct parts; the elimination rounds

and the finals, for which the rules of classification are as follows.

THE ELIMINATION ROUNDS

Duration. The elimination rounds continue until the competitors are progressively eliminated, which takes place as described in article 45.

The elimination bouts continue until only 3 contestants remain, or failing this, until the position can determine for 3 wrestlers who have accumulated less penalty points than all their competitors and who are called on to wrestle the final in their category under the conditions set forth below.

Classification. Notwithstanding the rules peculiar to the finals, the wrestlers eliminated in the same round are classified according to the number of penalty points acquired by each of them in the course of the contest.

In case of a tie in the number of penalty points, they are rated according to the result of their own bout.

However, if their own bout is a draw, or if they have not met, their classification shall be determined by taking successive account of the following procedure:

The greatest number of victories

The greatest number of falls

The greatest number of victories by evident superiority.

Classification of the Final Round. This classification is determined by the penalty points that each of the 3 competitors has acquired in his encounters with the 2 others. The one who has the fewest penalty points is proclaimed the winner.

In case of a tie among the 3 finalists, the classification is drawn by successive evaluation of the following procedure.

The number of penalty points accumulated throughout the competition:

The greatest number of victories

The greatest number of victories by fall

The greatest number of victories by evident superiority

The least number of defeats

The least number of draw bouts

The least number of cautions received in the bouts of the final round.

In case of a tie between 2 finalists, the result of their own encounter will be decisive.

If this encounter ended in a draw, the successive evaluation of the procedure listed in the paragraph above will determine their classification.

If, at this stage, there is still a tie, a search is made for the number of technical points scored by the competitors in the two bouts they have wrestled in the final round, and the one who has gained the most and had the least recorded against him will be classified above the other.

Supplementary Particulars. A wrestler who does not terminate the competition is not classified. The same is true of a wrestler disqualified for brutality or bad behaviour.

An injured wrestler, inactivated or hospitalised, and who cannot come up to the mat, can, with the obligatory certificate of the medical service, be in default and declared beaten, but is not disqualified. In this way he can be classified and even continue the competition, if he is not eliminated.

Lastly, the classified wrestler, compelled by the doctor to abandon, can be classified according to his position at the end of the competition,

No wrestler can be called upon to engage in a bout if a minimum period of 30 minutes has not elapsed since the end of his previous bout,

Attribution of technical points to the opponent of a wrestler deserving disqualification for stalling.

In order not to eliminate inconsiderately a wrestler who showed a great activity during a bout by obtaining many technical points (minimum 10),

and in order to lesson the unfortunate consequences of a possible bad officiating,

- the following rule must be endorsed from January 1, 1977:
- "When a wrestler has already been given two cautions during a bout and deserves a third one, this third caution will

be imposed on him in case he has obtained less than 10 technical points until that moment, as a proof of his stalling."

"On the other hand, if the stalling wrestler has obtained 10 technical points or more until that moment, the establishment of his stalling will give rise, two times running, to the attribution of one technical point for the opponent, before the third caution leading to disqualification can be imposed on him."

Table of Penalty Points

Result of the match	Winner	Loser	Observations
Decision by "Fall"	0	4	
Decision through "injury"	0	4	
Decision through "Disqualification"	0	4	
Decision by "Forefeit"	0	4	
Decision by "Great Superiority"	0	4	if 12 pts. or more difference
Decision through "Passivity" (3 cautions)	0	4	if technical points scored by the winner
Decision by "Superiority"	0.50	3.50	if 8 to 11 pts. difference
Decision on "Points"	1	3	

PENALTY POINTS**1.—Decision through “PASSIVITY” (3 cautions)**

BLUE WRESTLER		RED WRESTLER		Penalty Points	
(A)	(B)	(A)	(B)	A	B
Technical pts.	Cautions	Technical pts.	Cautions	A	B
yes	0	yes or no	3	0	4
yes	1	yes or no	3	0	4
yes	2	yes or no	3	0	4
no	0	yes	3	1	4
no	1	yes	3	2	4
no	2	yes	3	2	4

2.—Bout with no technical point

0	1	2	4
0	2	2	4
0	3	2	4
1	2	2	4
1	3	2	4
2	3	2	4
1	1	4	4
2	2	4	4
3	3	4	4



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